

BBC

EVERY RECIPE
TESTED
THREE TIMES

eat in*eat out*eat away

JUNE 2011 * UK £3.50

olive

Simple Italian cooking

100
summer
recipes

- * Rosemary roast chicken
- * Can't-fail risotto
- * Raspberry sorbet

Stylish £5 suppers for 2

EAT OUT

Great-value Italians across the UK

EAT AWAY

Tuscan menu for 4
plus Sicily, Somerset
and Southern France

30-minute pizza (less than £2.50 per person)
page 112



RELAXED WEEKEND COOKING

Seasonal menu
for friends
page 57



SMART IDEAS

Easiest-ever
lemon ice
cream



MINI MAG
TO CUT
OUT
& KEEP!
Summer 2011
collection
PART ONE

NO HALF MEASURES

Just whole nuts

Tasting notes

We roast
Sicilian almonds
in their skins
before stirring them,
still whole,
straight into our
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cocoa-rich
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for an intense nuttiness
balanced by
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why do things
by halves?

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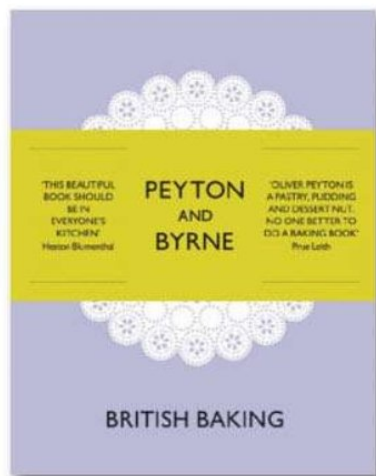
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Subscribe today

★ If you enjoy reading June **olive**, why not subscribe and we'll send you a FREE copy of the new cookbook *British Baking* from Peyton and Byrne, worth £20. It includes recipes for classics such as Victoria sponge, treacle tart, jammy dodgers and Chelsea buns.

★ Order today and save over 25% on the full cover price when you pay by direct debit - less than £2.65 an issue. Call **0844 848 9747** and quote OLP611, or see page 79.

★ Subscribers can also currently download free issues of *Good Food* magazine through the Good Food iPad app*.

*This is for a limited time period and can be withdrawn at any time.

Welcome to June olive



I hope you enjoy the **100 delicious summer recipes** in this month's Italian special. For when you need to make dinner quickly, there are speedy after-work pastas and salads, and simple assembly jobs such as the antipasto board (page 34) so that having friends over is relaxing for everyone. Plus stunning centerpieces like the Tuscan dessert on page 100 for when you've got plenty of time to enjoy cooking.

Let me know at oliveletters@bbc.com if **olive's** eat out and eat away pages inspire you to try a new restaurant or book a trip. This issue is packed with useful ideas about regional specialties to boost your knowledge and influence the way you shop, cook and eat - handy even if you're going no further than your kitchen this month.

Thinking of taking a foodie break close to home this summer and need some inspiration before you hit the road? We've got together with Lonely Planet to create *Coastal Britain for Food Lovers*. This exclusive book combines extracts from the new Lonely Planet guides to *England* and *Great Britain* with 12 seaside-inspired **olive** recipes*.

Enjoy June.

Christine

Christine Hayes, editor

*Supplement only available to UK residents and overseas subscribers.

NEW SERIES TO COLLECT!

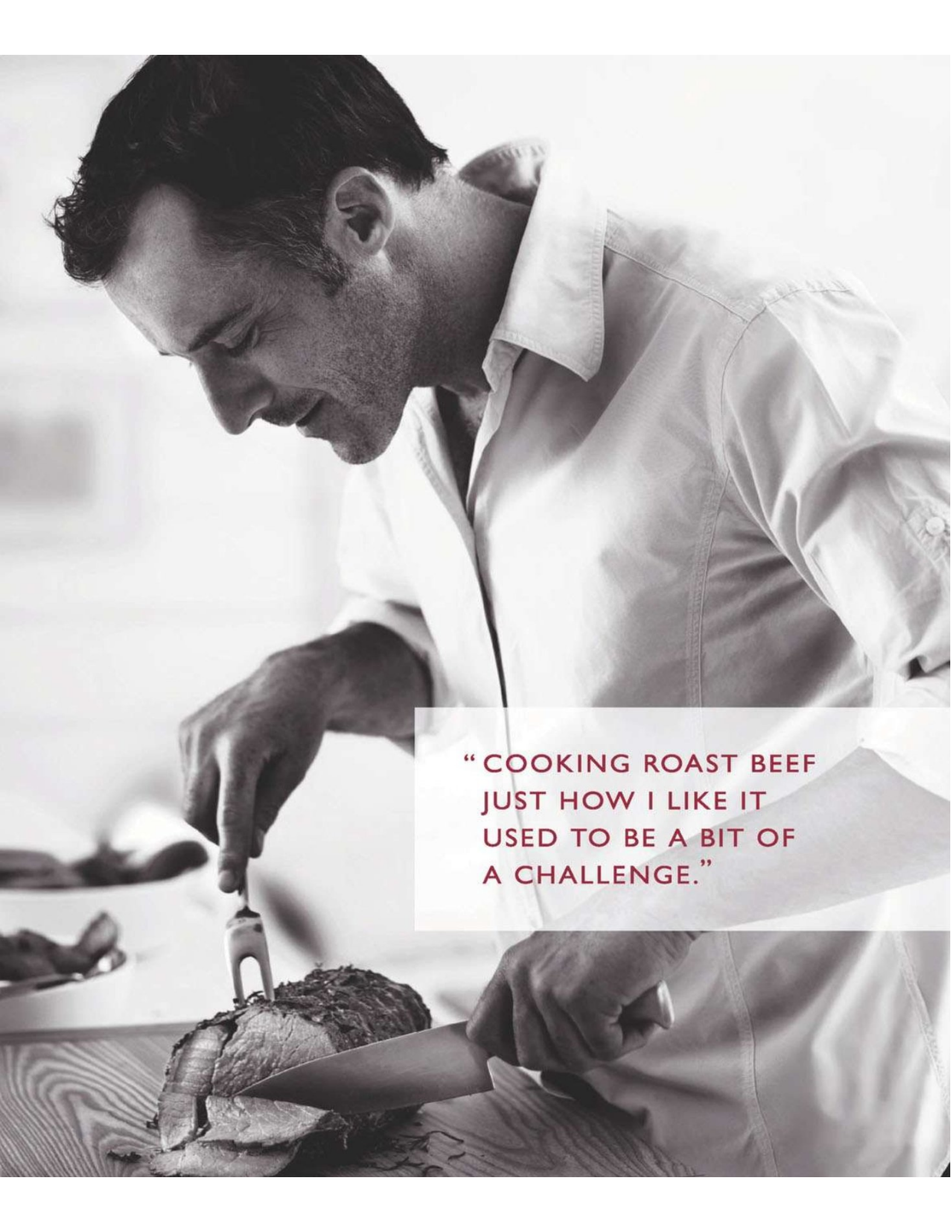
Find the **olive** summer collection part one on page 71. Cut out and keep our 30 brilliant barbecue ideas to use all summer. Next instalment in the July issue, on sale 3 June.



CUT OUT AND COLLECT

ON THE COVER





“COOKING ROAST BEEF
JUST HOW I LIKE IT
USED TO BE A BIT OF
A CHALLENGE.”

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olive Contents



eat in

Inspiring, seasonal recipes that work every time

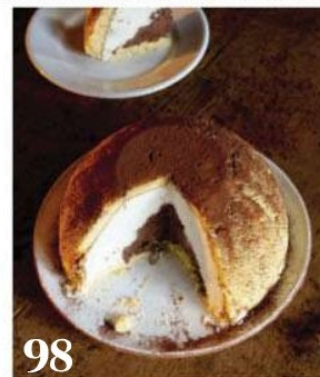
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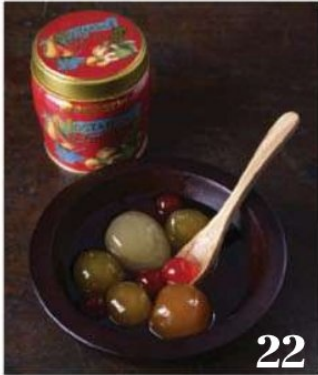
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Look out for these highlights



Time-saving ideas that give great results.



Most olive recipes are easy - these are a doddle.



Recipes that take hardly any time to make.



Prepare before guests arrive so you can relax.



Show-off recipes when you fancy a challenge.

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EACH

Great-value recipes, restaurants or travel ideas.

Out and about

JUST A FEW OF THE PLACES FEATURED THIS MONTH





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Over to you

Looking for a restaurant recommendation, a foolproof recipe or a new blog to follow? Just ask our readers Edited by JESSICA GUNN

READER BLOG OF THE MONTH **mymonkfish.com**

'I love food, always have, always will. My blog shows that with a little TLC and dedication in the kitchen, you can rustle up dishes you never thought you could.'

WE SAY Edinburgh based Hil loves food. A lot. Her blog is a cheerful mix of restaurant reviews and home cooking. It's packed with top tips for eating out and how to create beautiful restaurant-style food at home. Keep an eye out for her elusive sidekick, 'G' - or 'Mr Predictable'.

* **Do you write an outstanding blog that's worth sharing with other olive readers? Email oliveletters@bbc.com**



A Taiku carving set!

Stellar is giving 10 lucky **olive** readers the chance to win a gorgeous carving set from its Taiku Range, each worth £80. Taiku knives are made of high carbon stainless steel, to perform better for longer. Each set comes with a Stellar lifetime guarantee.

* **FOR YOUR CHANCE TO WIN** send your name, address and contact number to **olive** June 2011 Taiku Knives Giveaway, PO Box 501, Leicester, LE94 0AA, or go to bbcgoodfood.com and click on 'competitions'.



TERMS AND CONDITIONS 1. The promoter is Stellar. 2. The promotion is open to residents of the UK over the age of 18, except employees and their families/friends of BBC Worldwide Ltd and all promoting companies. 3. One entry per person. 4. The closing date is 30 June 2011. 5. No cash alternative. 6. Winners will be notified within 28 days of the closing date. 7. For full terms and conditions see page 124.



JUNE 2011



MY RECIPE Frances Rowland's Victoriette cakes

20 minutes ■ Makes 12 ■ EASY

'Because of their size, I call these perfect little Victoria sponge cakes "Victoriettes".'

eggs 2

butter 100g, at room temperature

golden caster sugar 100g

self-raising flour 100g

baking powder 1 tsp

vanilla extract 1 tsp

raspberry jam 6 tbsp

double cream 100ml, whipped to soft peaks

icing sugar to finish

*What's your favourite recipe?

Share it with
us. Email
oliveletters@
bbc.com

■ Heat the oven to 190C/fan 170C/gas 5. Put the eggs, butter, sugar, flour, baking powder and vanilla extract in a large bowl. Beat with electric beaters until you have a smooth batter. Divide between 12 paper fairy cake cases. Bake for 10-15 minutes, until golden and firm to touch.

■ When cool, take the cakes out of their paper cases, halve each horizontally with a bread knife and fill with jam and cream. Sandwich together and dredge with icing sugar.

■ PER SERVING 220 kcal, protein 2.3g, carbs 26.1g, fat 12.6g, sat fat 7.1g, fibre 0.5g, salt 0.38g

olive INSIDERS' POLL

What do you drink after
a good Italian meal?



42%

ESPRESSO - make
mine a double

31%

CAPPUCCINO - who
cares if the Italians only
drink it before 11am?



20%

GRAPPA - nothing
but the hard stuff

olive STAR RECIPE



Sicilian-style fish stew

This super-speedy and low-fat classic Italian dish is a hit on bbcgoodfood.com

HOW YOU PIMPED IT!

Rog 'I used a tin of cherry tomatoes to achieve a redder colour and a good consistency.'

JoWiltshire 'Superb recipe. Too liquid though, and it only fed one person. Next time I'll try 50% more fish, and double the quantity of couscous and tomato.'

Use a decent wine - the cooking time is quick, so you can taste it.'

Suzanne 'I added green olives and a pack of seafood mix (mussels, squid and prawns) to make it more substantial.'



WRITE TO US AND WIN!

Frances Rowland wins this month's prize of 12 bottles of Louis Jadot Pouilly Fuissé. A fresh, elegant wine, full of rich hazelnut, almond and citrus. Great with seafood, salads and full-flavoured cheeses. **Next month's winner will receive 12 bottles of Villa Maria Private Bin Rosé.**



JOIN olive INSIDERS!

Sign up and we'll be in touch from time to time to ask your opinion on **olive** and everything food related. To join, visit bbcmagazineinsiders.com

FOOD NATION PERTH



olive reader Wendy Stenberg shares her suggestions on where to eat in her home town

* **LUNCH** Café Briez is French bistro cooking at its best. Expect a buzzy vibe, friendly staff and amazing food - try the grilled mussels with hazelnuts and smoked

salmon butter with a glass of wine and bread for dipping, or the filled galettes. You'll also find the best pizzas in Perth. (cafebriez.co.uk)

* **DINNER** Santé Restaurant & Wine Bar serves a fusion of Scottish and Mediterranean food. Try the tapas, charcuterie and daily specials using local produce and seafood. Three tapas and a glass of wine for only £12.90 - great for a light dinner after work. (sante-winebar.co.uk)

* **SHOP** Gloagburn Farm Shop and Restaurant is just a mile outside the city centre and offers brilliant local produce - some from its own farm - including eggs, organic vegetables and all kinds of deli foods. The friendly staff serve homemade soups, pies, tarts, fantastic cakes, speciality sandwiches and baked potatoes. (gloagburnfarmshop.co.uk)

* **Can you recommend great places to eat in your hometown?**
Let us know by emailing us at oliveletters@bbc.com

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Starters

This month's must buys, smart trends and news

Compiled by DANIELLE THEUNISSEN Photograph GARETH MORGANS

TRENDS WE LIKE UNUSUAL ICES

At Covent Garden's The Icecreamists (theicecreamists.com) exhibitionists can order up a SexBomb or Miss Whiplash - for those of us with more vanilla predilections, try one of these flavours.

eat in

Antonio Federici's new espresso gelato is gorgeously rich, with a serious coffee hit (£4.07/Waitrose; antoniofederici.com).

eat out In London, Hawksmoor's cornflake ice cream is so good we could eat it for breakfast (pictured).

eat away Argentinians like their ice cream with a dash of malbec - at Freggo in London, try malbec and berries, from £3.95. (freggo.co.uk). 🍷

Hawksmoor's cornflake ice cream (recipe overleaf)



Cornflake ice cream

20 minutes + overnight infusing + freezing

■ Serves 6 ■ EASY

cornflake milk 250ml (soak 150-175g cornflakes in milk overnight and strain off)
double cream 250ml
free range egg yolks 6, medium
golden caster sugar 90g

- Put the milk and cream in a small heavy saucepan. Bring to the boil.
- Whisk the egg yolk and sugar together, then pour in the milk and whisk again. Set the bowl over a saucepan of simmering water and heat gently, stirring, until it will coat the back of a spoon.
- Leave to cool, then sieve and chill. Churn in an ice-cream maker.

DINNER FOR FOUR FOR JUST £20



- * **Broad beans and ricotta on toast** (p58) **£3.78**
- * **Spaghetti ai frutti di mare** (p38) **£9.76**
- * **Summer berry trifle** (p68) **£6.32**

£4.96
A HEAD

MAN OF THE MONTH MARCUS WAREING

Best-known for two-star Michelin cooking, the Lancashire-born chef has turned his hand to simpler, sturdier British food at The Gilbert Scott in St Pancras. While day to day he remains in the kitchen at Marcus Wareing at The Berkeley, he's devised the all-Brit menu at this lively new hotel, to be overseen by general manager Chantelle Nicholson. Menu descriptions are playful and intriguing, from breakfast bacon floddies (potato, bacon and herb fritters) to tweed kettle (sea trout with a lemon, nutmeg and herb crust). Puddings like Manchester tart (custard, bananas, puff pastry and jam) take pride of place on the restaurant's groaning-with-goodies Pastry Bar. A staunch supporter of local and seasonal, you can also catch him this month on BBC Two's *Great British Menu*. (thegilbertscott.co.uk)



THE JURY'S OUT TIRAMISU

THE CASE FOR

I can't believe I even have to argue this. An idiot-proof, crowd-pleasing pudding that combines creamy sweetened mascarpone with lashings of chocolate, a hefty kick of espresso and (most importantly) lots of lovely booze. In other words, yum.

Janine Ratcliffe

THE CASE AGAINST

Apart from itself, the worst thing about tiramisu is that no one believes you when you say you hate it. In this, tiramisu is a lot like dancing - there's always some well-intentioned good Samaritan who, on hearing you will have none of it, decides that this must be because you have always been let down by bad examples in the past and immediately sets about reeducating you through the liberal portioning out of the very thing you hate like poison, with the insane, enthusiastic persistence of a chugger.

LEAVE ME ALONE.

Gregor Shepherd



facebook

Like it or loathe it?
Join the debate on our facebook page - search 'olive magazine' to rate or slate tiramisu.

**NEXT MONTH
BARBECUES**



ROOM SERVICE **ARCHANGEL, FROME**

As the smell of fresh-brewed coffee and pastries grabs your attention before you even check in, you know that food is the number one priority in this modern Somerset hotel. Its sleek restaurant has stripped walls, blonde wood tables and chrome touches, punctuated by lemon-coloured chairs, with a mezzanine dominated by a table for twelve encased by glass. The menu features unusual pairings that really work, such as a starter of Szechuan pork fillet, apricot and vanilla gel, pickled cucumbers, Merguez sausage, £7, and mains of calves liver with nutmeg mash and roast beetroot, £15. Bedrooms are decorated in soothing aubergine and gold shades and some have dramatic angel murals and zinc stand-alone baths. Doubles including breakfast from £120. (archangelfrome.com)

OBJECT OF DESIRE **MEASURING SPOONS**

These primary confection-measuring spoons are as cute as they are functional. Made from stoneware, they need a bit more TLC than a plastic or metal set, but hang them from a row of little hooks and every time you catch sight of them you'll be reminded how much fun cooking can be. (£10; anthropologie.eu)



SUPERMARKET SWEEP Pop into Tesco for a speedy summer supper

Courgette tarts

15 minutes ■ Serves 2 ■ **EASY**

£3.74
A HEAD

Cut a sheet of **ready rolled all butter puff pastry** (£1.25/375g) into four pieces and score a 1cm line down each long side.

Spread 2 tsp **Crespo green olive tapenade** (£1.49/100g) in the middle of each and line with slices of **courgettes** (£1.75/3 pack).

Sprinkle over some grated **parmesan** (£2.99/200g) and bake for 10 minutes or until the pastry is golden.

BRILLIANT WINE MATCH

Calvet Limited Release Sauvignon Blanc 2010, Bordeaux, France, 11.5% (£5.99, Tesco)

If you fancy a glass of wine with dinner, this light, zesty, grassy sauv, with a dash of lemon and herbs, brings a blast of modern freshness to pair with pastry.



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Tried, tasted and
chosen by you.*

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eating.**

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YOU MONEY EVERY DAY

£1.78
each



Mint & Lemon Stuffed
Vine Leaves
172g

£2.27



Beldi Olives
180g

£1.28



Houmous Topped with
Harissa and Chickpeas
170g

Majority of stores. Available while stocks last. Online prices may vary from those in-store. Offers available from 8am on Wednesday 4th May 2011. Offers end 1st July 2011. Mint & Lemon Stuffed Vine Leaves 172g (£1.03 per 100g), Beldi Olives 180g (£1.26 per 100g), Houmous Topped with Harissa and Chickpeas 170g (75.3p per 100g).



WINE LIST STAR KOSHU

Sarah Jane Evans MW on easy-to-remember wine to try while eating out

The newest wine to arrive in the UK is white wine from Japan. Named after the grape variety, Koshu wines are made from grapes grown at the foot of Mount Fuji. The wines are very clean and pure, with citrusy, peachy fruit – a cross between a young chablis and a refined pinot grigio. The winery that is most widely available in the UK (though still limited) is Grace, founded in 1923. A family business, the winemaker Ayana is the fifth generation. Her Koshu Private Reserve 2009, Hishiyama, 12%, has backnotes of exotic fruit and a creamy texture. It's mainly available in Japanese restaurants in London (Yashin, Roka, Zuma), being a great match with sushi, and sommelier Matthieu Longuière lists it at French restaurant La Trompette (latrompette.co.uk). **Want to buy a bottle to try at home?** Selfridges stocks Grace Koshu at £18.99; also buy from greatwinedirect.co.uk and everywine.co.uk.

DOUBLE DEAL... If your tomatoes aren't quite ripe enough to make pappa al pomodoro, the delicious Tuscan bread and tomato soup, Fattoria La Vialla's version is a clever short cut. Made with organic tomatoes grown on its Tuscan estate, it's a little bit of summer you can have in your storecupboard all year round. (4x 520g jars/£20 lavialla.it)

...REAL DEAL From-scratch cooks will love our recipe on page 36.



cravings



FINGER LICKIN' GOOD

Beef short ribs can be hard to find unless you have a good local butcher. Until now. M&S has slowly cooked and hickory-smoked these Flintstone-sized ribs to melting tenderness. All you need to do is apply a liberal coat of the bourbon glaze and give them a few turns on the barbie or in the oven. (M&S seasoned beef ribs with bourbon glaze, 395g/£3.99)

TABLE-HOPPING New Italians to try this month



HERE
VENOSI The man behind Soho stalwart Don Luigi's (which played host to stars including Frank Sinatra) has returned to the London restaurant scene with Venosi. Expect classics such as veal Milanese or hare stew with chestnut purée, plus left-field options such as parmesan ice cream. Everything is made in house, from bread to sausages. (venosi.co.uk)



HAPPENING
5 POLLEN STREET Dress up for this chic, showy new Italian with Gary Hume paintings and wallpaper. The Mayfair location means breathtaking prices and a well-heeled, mainly Italian crowd. The set-lunch menu offers the best value – £19 for two courses, £25 for three. (5pollenstreet.com)



HIT LIST
MASSIMO Brits might not have heard of him, but Massimo Riccioli is known in Rome for La Rosetta restaurant. Now he has opened Massimo Restaurant and Oyster Bar in the Corinthia Hotel. Seafood takes centre stage, with intriguing dishes such as tuna black pudding with fish skin crisps. (corinthia.com/London)

ASDA

*Chosen by you
Tried, tasted and
chosen by you.*



**Enjoy summer
eating.**

ASDA **SAVING
YOU MONEY EVERY DAY**

**£2
each**

230g



Piri Piri Chicken
Pasta Salad



Sun-Dried Tomato
& Feta Cous Cous



American Style
Chicken Pasta Salad

Majority of stores. Available while stocks last. Online prices may vary from those in-store. Offer available from 8am on Wednesday 4th May 2011. Offer ends 1st July 2011. Shaker Piri Piri Chicken Pasta Salad/Shaker American Style Chicken Pasta Salad/Shaker Sun-Dried Tomato & Feta Cous Cous 230g (87p per 100g).

£3.99

**JUNE'S
BARGAIN
BUY**

Trinacria Rosso 2009, Sicily, Italy, 12%, (£3.99, Waitrose) This sunny Italian red is a mouthful of cherries with plummy freshness, just made for pizza and pasta. Add a glug to cook down and enrich a Bolognese sauce.



**GREEN OLIVE
PROJECT OCEAN**



Riding on the wave of Hugh Fearnley Whittingstall's Fish Fight, Selfridges is launching its own campaign to raise awareness of dwindling fish stocks. Starting with a commitment to sell only sustainably sourced fish (as certified by the MSC) across its restaurants and food halls from now on, the department store is also launching a six-week campaign (5 May-12 June) to drive home the impact of over-fishing - and to highlight alternatives to the much over-eaten haddock, salmon and cod. Fish fans should look out for in-store pop-up events, special menus and installations with chefs such as Mark Hix, Valentine Warner and Mitch Tonks all taking part. Grab one of the *Pocket Fish Guides* for more info on sustainable alternatives to the usual choices. For more info visit selfridges.com.

★ **Good news too**, that Britain's biggest tinned tuna brand, Princess, has committed to phase out the use of man-made rafts called Fish Aggregating Devices (FADs). Sharks and other species that congregate around FADs are scooped up along with tuna in vast stringbag-like 'purse seine' nets (fishfight.net).

**BOOK CLUB
TOM AIKENS EASY**

Eve Marleau reviews the Michelin-starred chef's first venture into simple home cooking

Aikens declares that 'eating well can be as simple as putting good ingredients together, with a little care and thought'. With everything from homemade muesli for weekday mornings to sophisticated yet fuss-free dishes like English rose veal rump with creamed spinach, ideal for weekend entertaining, it's clear this mission is at the core of every recipe.

Easy is divided into seven sections, including quick fixes, something for the weekend, and a chapter devoted to using up leftovers such as Sunday's roast chicken and storecupboard pasta. Sardines with shallot chutney are ideal for a light lunch or a simple starter, and variations on sticky toffee pud and chocolate mousse are sure-fire winners.

The balance between speedy suppers and time-consuming dishes is spot on - all with delicious, smart results.

**Lamb rumps with
rosemary and
parmesan polenta**

30 minutes + marinating

■ Serves 4 ■ **EASY**

olive oil
rosemary 4 sprigs
thyme 8 sprigs
bay leaves 2, finely sliced
garlic 8 cloves, bashed
lamb rumps 4
butter 10g
POLENTA
white chicken stock 600ml
rosemary chopped to make ½ tsp
polenta 200g
butter 25g, plus extra for the spring onions
spring onions 6, thinly sliced
parmesan 50g, grated
lemon 1, juiced
crème fraîche 1 heaped tbsp

■ Mix the olive oil, herbs and garlic, pour over the lamb, then leave to marinate for a day in the fridge. Take out of the fridge an hour before cooking to come up to room temperature. This helps them cook evenly.

■ To make the polenta, put the stock, rosemary and ½ tsp salt in a pan and bring to a simmer. Slowly whisk in the polenta until it starts to thicken, then whisk in the butter. Check the seasoning, cover with greaseproof paper and cook over a low heat for about 15



minutes. If it gets too thick, add a little stock.

■ Meanwhile, heat the oven to 160C/fan 140C/gas 3. Add a little olive oil to a pan on medium heat. Season the lamb, then add to the pan and colour all over. Add the butter after 4-5 minutes. Once sealed and brown, put the pan in the oven or transfer to a tin, then cook for 8-10 minutes for medium rare. They might take more or less time depending on the size, so keep checking. Leave to rest for 2 minutes, then slice thinly.

■ While the lamb is resting, place a small pan on a low heat and add a little butter. Add the spring onions, season and cook for 2 minutes. Add to the polenta, then stir in the parmesan, lemon juice and crème fraîche. Check the seasoning and serve with the lamb.

■ **PER SERVING** 778 kJ, protein 59.4g, carbs 40.4g, fat 43.3g, sat fat 20.6g, fibre 2.2g, salt 1.06g

olive RATES

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Lorraine



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JUNE ESCAPE NORFOLK

The Crown Inn (flyingkiwinns.co.uk), in the village of East Rudham, is part of the award-winning Kiwi Inns group. A modern take on a traditional pub, inside it is neatly styled, but with plenty of original features and

**£65
PER PERSON**



old-school charm. The attractive menu reflects Kiwi Inns owner and executive chef, Chris Coubrough's, heritage and travels, with a mix of British classics and light Australasian and European touches, all using the best local ingredients. You'll find the likes of houmous and melba toast and roast chump of lamb with Mediterranean vegetables, crispy polenta and black olive jus. The pub also has six rooms and offers dinner, bed and breakfast for the truly bargainous price of £130 (so your half is £65) - and this includes a three-course meal (without wine). After spending an evening at the pub, take the chance to head out to the coast. Stop off in Cley, where you can pick up some eats from local deli, Picnic Fayre (picnic-fayre.co.uk), to enjoy on the nearby beach. Bag one of their homemade pies; we like the local chicken and bacon pie, £2.95, and a bottle of Yetman's beer, £2.99, brewed up the road in Holt. And before you leave, make sure you pick up some smoked goodies from the Cley Smokehouse (cleysmokehouse.com) to take home - their kiln-roasted salmon is heavenly, £5.17/180g.

COCKTAIL HOUR VENETIAN SPRITZ

Start your evening with this cooling, classy cocktail from the new QV bar at Soho stalwart, Quo Vadis.

Mix 15ml **Aperol** and 90ml **prosecco** straight into a champagne flute or coupe glass. Garnish with a curl of **orange zest**.

(quovadissoho.co.uk/the-qv-bar)



need to know
news, trends, shopping

QUICK BITES

■ CHOC 'N' BLOCK

These leafy chocs from Roots and Wings Organic have something of the posh Matchstick about them. The Orange Autumn Leaves are dangerously moreish. (£5.69/rootsandwingsorganic.com)



■ GOING NUTS

Potash Farm makes lots of lovely things from Kentish cobnuts - we can't get enough of its, buttery, sweet and salty Cobnut Brittle. (£4.25/kentishcobnuts.com)



■ VINTAGE FINDS

Theokcorral.co.uk is an Aladdin's cave of gorgeous one-off vintage pieces to kit out your home and kitchen.



■ SUPERIOR SNACKING

The Co-operative is relaunching its Truly Irresistible range. Notable mentions go to the limited edition Three Cheese Fougasse, £2.50, and the Sea Salt and Chardonnay Wine Vinegar Crisps, £1.



■ EAT-ME CARDS

Find fantastic foodie greetings cards at holy-mackerel.co.uk, from £2.15. Sweet.



CHEAT SHEET CICHETI

(say: chi-KET-ee) Russell Norman, owner of Polpo Campari bar in Soho on what you need to know about this new eating-out trend (polpo.co.uk/campari-bar)



1 Cicheti are small snacks served in the wine bars of Venice. They are traditionally prepared in advance and displayed in glass cabinets. They are always eaten standing and often accompanied by a small glass of local wine, called an ombra.

2 One of the most common and delicious cicheti is bacala mantecato. This is salt cod, flaked and creamed with olive oil and garlic to the consistency of mayonnaise and then piled onto a slab of grilled polenta. The best in Venice is served at All Arco near Rialto Bridge.

3 Wine bars in Venice are known as bacari. The food they offer is much better value and of far greater quality than the mostly disgusting tourist restaurants. One of the most famous and atmospheric bacari is Alla Vedova in Canareggio. Its meatballs are deservedly legendary: the perfect cicheto.

★ Can't get a table at Polpo? M&S has launched a range of cicheti, including meatballs in tomato sauce, chicken with salsa verde and bruschette with olive tapenade (from £2.49).

JUNE FESTIVAL One of the UK's most creative and exciting food festivals, Eat! Newcastle Gateshead runs from 17-26 June. There'll be street food events, markets and demos, as well as the creation of a giant edible map made of cake and the return of secret paladares, where home chefs open their houses and cook for the public. (eatnewcastlegateshead.com)

need to know
news, trends, shopping



FOOD ED'S CHOICE **GIORGIO LOCATELLI OLIVE OIL**

To get the most out of a bottle of oil, spare it the frying pan and use in dressings and marinades. This Locadeli oil from restaurateurs Giorgio and Plaxy Locatelli is made in small batches from Nocellara olives in Sicily. It's spicy with hints of grass and artichokes, and works well with grilled meats and cheeses. (£16.99/Selfridges)

IDEAS TO STEAL **BLUE AND WHITE ENAMEL**



At revamped gastropub The Paulet Arms in Wiltshire, chef Adrian Jones is letting well-sourced quality ingredients speak for themselves by serving in simple enamel dishes. Curried, smoked haddock pie and lamb shank shepherd's pie taste even nicer in simple pie dishes. Pot roast chicken with ham hock mash, and roast rump of veal, come in cute white and navy casseroles. Striped linen tea towels make fresh-looking napkins, too. It's an easy trend to copy at home - find Falcon enamel from around £5 on amazon.co.uk.



THIS MONTH'S TV **THE GOOD COOK**

You're throwing a dinner party, but all you have is some supermarket veg, storecupboard essentials and a fiver; what do you do? Award-winning food writer Simon Hopkinson has the answer. Don't miss his six-part series on BBC One, where he will demonstrate how to create restaurant-quality food with everyday ingredients. **Coming soon, BBC One**



BEST OF THE REST

- **Two Greedy Italians** - Old friends and sparring partners Gennaro Contaldo and Antonio Carluccio return to Italy to recapture their pasts and explore modern attitudes to food. **Coming soon, BBC Two**
- **Great British Menu** - the final contenders vie with each other to gain a place on the menu for The People's Banquet at London's Leadenhall Market. **Weeknights, 6.30pm, BBC Two**
- **Gordon's Great Escape** - Gordon Ramsay meets exceptional cooks on a gourmet trip through Vietnam, Cambodia, Malaysia, Borneo and Thailand for a new four-part series. **Coming soon, Channel 4**

BARGAIN HUNTER **£45 WINE EXPERIENCE**



Get in among the vines at Devon's Pebblebed Vineyard. Tours are hosted by founder and geologist Geoff Bowden - you may recognise him from last year's *Dragon's Den*, where he came away with an investment from Duncan Bannatyne. Visitors spend the day working in Pebblebed's vineyards, a total of 22 acres across three sites. You'll learn to tend the vines under the watchful eye of Geoff, who talks through the process from planting to harvest. Visitors then go to the Pebblebed Cellar in Topsham to sample some of the wines, with a tasting of its white, pink and sparkling varieties. The £45 pricetag also includes a lunch of bread, cheese and meat from Devon, and a bottle of wine to take home. (pebblebed.co.uk)

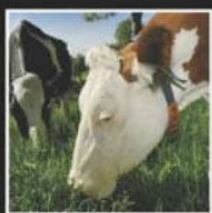
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The new Italian masters

The Italian food scene in Britain has been given a fantastic boost by chefs championing their favourite artisanal and regional finds. Here's **olive**'s rundown of what to look out for in delis, caffès and restaurants 🍷

Words STEFAN CHOMKA

Photographs PETER CASSIDY





1 Burrata

Known as the king of mozzarellas, burrata is made by stretching mozzarella to form a skin around a filling of cream and mozzarella shreds, which when cut open, exposes an unctuous, oozy centre. Unsurprisingly, such decadence in a cheese is proving popular with chefs. At Richmond's Cantinetta, its creaminess is offset by bitter puntarelle (an Italian variety of chicory), or at South Kensington's Ilia, you'll find it in no fewer than five dishes, including alongside marinated courgettes. Because of its short shelf life, burrata is not as widely available as mozzarella, but you can buy British-made burrata from Laverstoke Park in Hampshire (£3.49/150g), or imported is available from natoora.co.uk (£2.75/125g) and Selfridges.



Burrata

2 Franciacorta

Prosecco's fresh, apple-y taste and affordable price tag have firmly won over British drinkers. But for wine connoisseurs, prosecco and asti have never been considered truly worthy rivals to French fizz - until now. Franciacorta (fran-cha-corta), a region in Lombardy, is now producing sparkling wine using the traditional French method, with results that many argue easily match champagne for quality. 'Thanks to a new generation of winemakers, Franciacorta is producing stunning sparkling wines which challenge the best champagne houses for quality and enjoyment,' says Giuseppe Turi, owner of Putney's Enoteca Turi restaurant. Enoteca serves a range of franciacorta, including Bellavista 2008, 12% (£62.50), and Cavalleri Collezione Brut 2004, 12.5% (£65.50). To drink at home, the il Mosnel label is well worth seeking out. A family-run vineyard that specialises in franciacorta, it's available from UK distributors Colasanti. Other franciacorta suppliers include Midlands-based Nickolls & Perks or Highbury Vintners - try the Fratelli Berlucchi Brut 2006, 12.5% (£19.50).

3 Chestnut honey

Though it's produced in a number of countries, chestnut honey from Italy is the bee's knees. The honey is revered for its dark colour and aromatic, smoky flavour - qualities that make it popular with chefs. At Bristol-based Casamia, it's drizzled over wild roe venison, and at The Curlew in East Sussex, chef Neil McCue serves a chestnut honey tart with green walnut ice cream. Its charismatic charm is also a hit with bartenders - at Galvin at Windows, The Medallion cocktail is a mix of cognac, fig liqueur, chestnut honey, butterscotch schnapps and lime juice (£14.50). Buy it at Tontini Foods (£4/£250g) and Selfridges (Seggiano chestnut honey, £7.99/500g).

4 Mortadella

We can now welcome the long-overlooked mortadella to the salumi board. A large, soft Italian cooked sausage, it is delicately flavoured with spices and dotted with cubes of pork fat, plus, sometimes, pistachios or olives. Buy it from Wimbledon-based family deli Vallebona, where owners Stefano and Naoko Vallebona still cook it the traditional way in a brick oven (£3.45/



Mostarda di frutta

100g), or try it at Exmouth Market pizzeria Santore in a starter of gattò di patate (baked potato cake with mortadella, parmesan and mozzarella).

5 Mostarda di frutta

Mostarda di Frutta is a jewel-like assortment of candied fruits mixed with wine, honey and mustard. It's traditionally served with bollito misto - a classic dish of boiled meats. The most famous variety is from Cremona in Lombardy, but others include mostarda di Venezia, which has a base of quince paste, and mostarda Mantovana, which is often made from a single fruit, such as pear. It's increasingly appearing on UK menus, served with cheese as an edgier alternative to quince or fig jam. Try it at The Palmerston in South London served with mortadella and celeriac rémoulade, or buy it from Italian delis such as Luigi's (£5.95/380g).

6 Lardo di Colonnata

It won't win over the health police, but Italophiles know lardo is one of Italy's superior delicacies. Made from 100% pork fat, it's cured with rosemary and spices and served in wafer-thin slices. Its smooth texture and flavour make it the highlight of an antipasti board - or eat it on toast. Look out for lardo di Colonnata, from a Tuscan town where the lardo has been granted PGI (Protected Geographical Indication) status. Try it at Bethnal Green's Brawn, as part of the pig charcuterie course. Buy from Italian delis such as nifeislife.com (£12.50/500g).

7 N'duja

This Calabrian spreadable salami is arguably one of Italy's hottest exports since Carla Bruni. Roasted chilli peppers and spices are mixed with meat from cheaper cuts of pig (shoulder and belly) to make a soft salami. Melt it into pasta sauce for a kick of heat, or spread on bruschetta for antipasti. N'duja's popularity has soared in the UK, thanks in part to Calabrian-born chef Francesco Mazzei of London's L'Anima, who serves it at his own restaurant and has also introduced it to Pizza Express with his Calabrese pizza topped with n'duja, green chillies, pesto-coated watercress, red and yellow peppers, mozzarella and Grana Padano (£10.95). Buy it from Italian delis such as nifeislife.com (£9/500g) and natoora.co.uk (£11.25/500g). Bear in mind n'duja can differ greatly in spiciness.

8 Italian beer

If your only experience of Italian beer is a £5 pint of Peroni, then you're in for a treat. Brewers are now producing craft IPA-style beers with aromatic hops, Tuscan porters infused with tobacco, and artisan beers brewed with chestnuts and wild herbs. 'Italy doesn't just make fantastic wines or industrial lagers; it has some stunning unfiltered, unpasteurised and bottle-conditioned ales,' says Giulio Temporin from Italian beer exporter Interbrau. Brands to look out for include Birra del Borgo, Amarcord and Birra Baladin, all available from Melodia Food. Try Jamie Oliver's Italian restaurants, which eschew more mainstream lagers for Castello and Messina from Sicily (£4.15 and £3.65/330ml), or pizza chain Zizzi, which has Italian guest beers such as Amarcord and Menabrea (from £4).



Posh espresso

9 Posh espresso

When it comes to coffee, the Italians are always one step ahead – as demonstrated by Lavazza's new Espression bar at Harrods. Here, an espresso is no longer just a quick drink (although it can be), but an experimental hit of flavours with more than 20 espresso-based drinks on the menu including nocciolato, made with Nutella, roasted hazelnuts and whipped cream, and espessone, topped with either a hazelnut, coconut or chocolate light mousse. Thanks to consultation with renowned Spanish chef Ferran Adrià, these drinks mark a new breed of Italian espressos that are both adventurous and refined (from £4).

10 Pasta di Gragnano

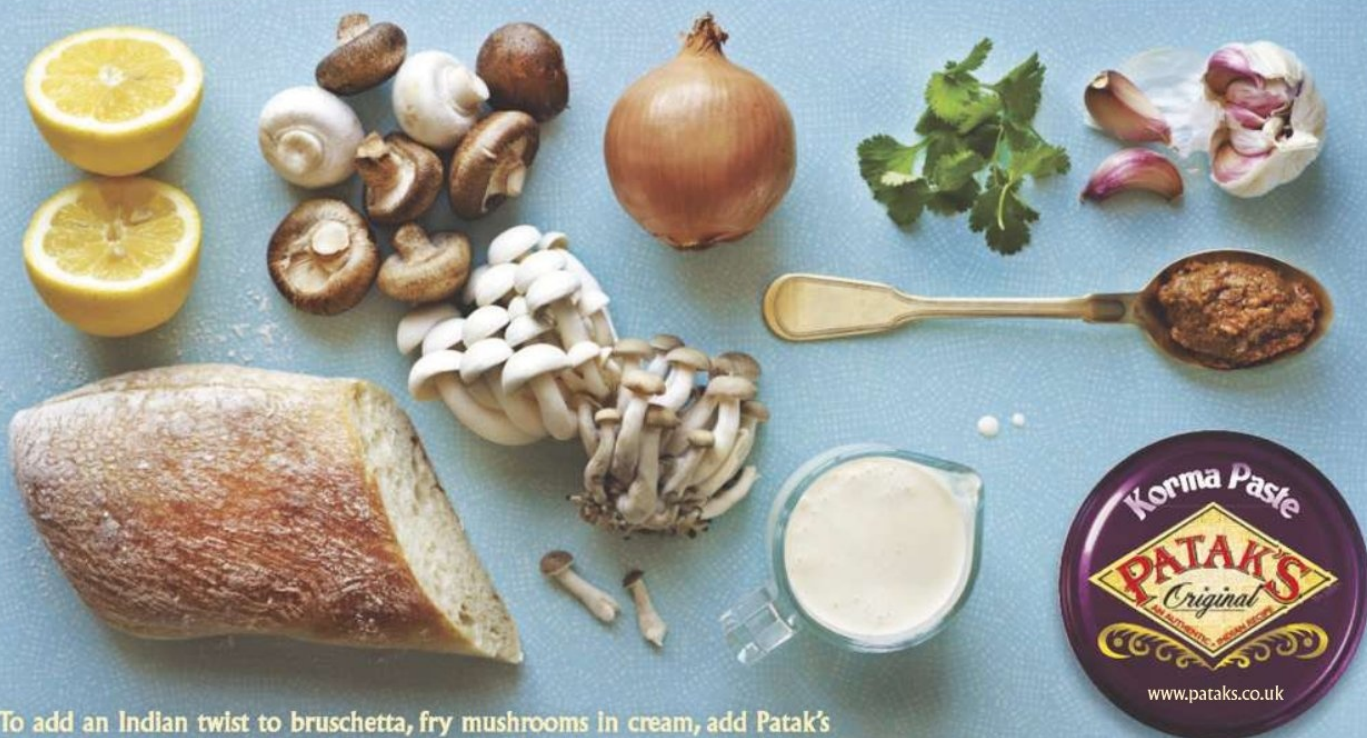
Italians take pasta seriously. Top of the hierarchy is the dried variety from Gragnano, near Naples. Its unique quality is attributed to various factors; time-old methods, local spring water, durum wheat and mountain air. Pushed through bronze dies to create a rough surface for better sauce retention, it's slow-dried at low temperatures to preserve proteins and give a superior flavour and texture. Brands to look out for include Garofalo's Signature range (£1.65–£3.50), Pastificio dei Campi (sold online at foodinthecity.com; £4.95/500g) and Gentile (sold at nifeislife.com; £3.39/500g).



Lardo di Colonnata

**FOR STOCKISTS, AND WHERE TO EAT
THE NEW TOP 10, TURN TO PAGE 125**

Bruschetta à la Patak's



To add an Indian twist to bruschetta, fry mushrooms in cream, add Patak's Korma Paste and garnish with fresh coriander. For this recipe and other deliciously surprising ideas, visit www.pataks.co.uk/bruschetta



Why Britain Loves Curry

eat in

36 pages of recipes, from easy after-work dinners and laid-back barbecues to standout dishes for entertaining

Edited by JANINE RATCLIFFE

Match nero d'avola wine with aubergine pasta PAGE 42

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John Torode's SEASONAL YEAR

Make the most of June's produce with the *MasterChef* judge's fantastic Summer recipes

Recipes JOHN TORODE Photographs GARETH MORGANS



STYLING CYNTHIA INMONS FOOD STYLING JENNIFER JOYCE

Cherry pie with vanilla cream (recipe overleaf)



Crab-stuffed courgette flowers (recipe overleaf)



Cherry pie and vanilla cream

1½ hours ■ Serves 8 ■ **A LITTLE EFFORT**

June is the start of cherry season, and this pie is a classic way to cook them. Serve at room temperature with a big dollop of the vanilla cream.

shortcrust pastry 500g

cherries 700g, pitted

Granny Smith apples 2, peeled, cored and chopped

vanilla sugar 100g (or use normal sugar mixed with a drop of vanilla extract)

cornflour 1 tbsp

whole milk

golden caster sugar 1 tbsp

double cream 300ml

vanilla extract 1 tsp

■ Heat the oven to 200C/fan 180C/gas mark 6. Roll out half the pastry and line a pie dish approx 23cm across and 4cm deep. Cover the pastry with baking parchment and baking beans, then bake for 15 minutes. Take out the paper and beans, and cook for 5 minutes. Trim any excess pastry and cool.

■ Mix the cherries with the apples and vanilla sugar in a baking dish and cover with foil. Bake at the same temperature for 20 minutes. Take out of the oven and drain off the juice into a saucepan. Cool the fruit.

■ Mix the cornflour with 3 tbsp of the juice, then stir back into the juice in the pan. Bring the juice to a simmer, then cook until it thickens. Cool. Put the fruit in the pie base and pour over the thickened juice.

■ Roll out the rest of the pastry, cut a circle big enough to cover the pie, crimping the edges to seal. Brush with milk and scatter with sugar. Cut two slits in the top.

■ Put on a baking tray and bake for 25 minutes. Softly whip the cream with the vanilla extract and serve with the pie.

■ **PER SERVING** 585 kcal, protein 49g, carbs 60.2g, fat 37.8g, sat fat 18.1g, fibre 1.7g, salt 0.67g



Pick an ultra-sweet and silky muscat:

Dom Brial 2007, Vin Doux Naturel, France, 16%, (£8.49/50cl, Waitrose). Its rounded boom of alcohol stands up well to the vibrant cherries.

Crab-stuffed courgette flowers

40 minutes ■ Serves 4 as a starter

■ **TRICKY BUT WORTH IT**

Find courgette flowers at good greengrocers or farmers' markets - they often come with the little baby courgette attached to the flower.

white crab meat 200g

spring onions 2, thinly sliced

flat-leaf parsley a handful, chopped

ricotta 100g

paprika a good pinch

egg yolk 1

red chilli 1 long thin, finely chopped

courgette flowers 12

BATTER

eggs 2, 1 whole, 1 separated

flour 150g, plus extra flour seasoned for dusting

lager 250ml, chilled



■ Mix the crab with the all the other ingredients except the courgette flowers.

Gently half-fill each courgette flower (over-filling will cause the flowers to burst). Twist the top of each to seal, then chill for 20 minutes to set.

■ To make the batter, put a whole egg and one yolk into a bowl (keep the white). Season well, then gradually mix in the flour and lager, whisking well. Beat the egg white to soft peaks, then fold into the batter.

■ Heat a large pan or wok filled no more than ⅓ full with vegetable oil to 180C, or until a cube of bread browns in about a minute.

■ Take the filled courgette flowers and coat with seasoned flour, shake off the excess and dip in the batter. Pick each one out and shake off the extra batter, then drop gently into the hot oil. Only do about 3 at a time or the temperature will drop too quickly and the oil will go into the batter, making the flowers soggy. Cook for 3 minutes, until crisp and golden, then take out and drain on kitchen paper. Season with a little salt and keep warm. Serve with lemon wedges and good quality mayonnaise.

■ **PER SERVING** 306 kcal, protein 21.1g, carbs 32.1g, fat 9.2g, sat fat 3.3g, fibre 1.6g, salt 1.18g



MATCH COURGETTE FLOWERS WITH CORTES

Cortese - the delicate white grape that makes Italy's classy Gavi - makes a gentle, floral match: **Piemonte Cortese 2010, 11.5%** (£5.49, M&S), new in May:

RECIPE OF THE MONTH

Crumbed lamb cutlets with chicory salad

40 minutes ■ Serves 4 ■ **EASY**

Summer lamb has more flavour than spring lamb, as it has had longer to mature. This is a great way to serve it - the breadcrumbs protect the meat inside, keeping it juicy.

dried breadcrumbs 100g

parmesan 25g, finely grated

plain flour 50g, seasoned

eggs 3, beaten

French-trimmed lamb cutlets 12

vegetable oil for frying

CHICORY SALAD

walnut or **hazelnut oil** ½ tbsp

sunflower, groundnut or **corn oil** 1½ tbsp

Dijon mustard 2 tbsp

white wine vinegar 1 tbsp

single cream 100ml

chicory 4 heads, trimmed, leaves separated

chives a small bunch, snipped

■ Put the breadcrumbs and parmesan into a shallow dish and mix. Put the flour and eggs into separate shallow dishes.

■ Dip each lamb cutlet into the flour, then egg, and finally into the parmesan breadcrumbs, making sure each cutlet is well coated. Repeat for each cutlet, then chill for 10 minutes. Heat about 1cm of the oil in a large pan. Add the cutlets and fry until golden, about 3-4 minutes each side. Drain onto kitchen paper.

■ To make the salad put the oils, mustard, vinegar and a good amount of seasoning in a bowl and whisk well. Stir in the cream.

■ Coat the chicory in the dressing, then scatter with the chives. Serve with the lamb.

■ **PER SERVING** 690 kcal, protein 29g, carbs 31.8g, fat 50.4g, sat fat 18.4g, fibre 2.2g, salt 1.07g



MATCH LAMB CUTLETS WITH A YOUNG RIOJA

Pick the crunchy red cherry fruit and smoky vanilla of Waitrose in Partnership **Cerro de la Mesa 2007 Crianza, Rioja, Spain, 13.5%** (£9.99, Waitrose).



Crumbed lamb cutlets with chicory salad

OTHER THINGS TO MAKE WITH...



CHERRIES

Cherry ice cream sundae

Toss halved and stoned cherries with kirsch and icing sugar and leave to macerate for 30 minutes. Spoon over chocolate ice cream, and top with whipped cream and grated chocolate.

Cherry sauce for duck

Put 100ml chicken stock and 100ml port in a pan. Bring to a boil, then reduce by a third. Add a handful of stoned and halved cherries and simmer for 5 minutes, then stir in a spoonful of redcurrant jelly until dissolved. Serve with roast duck.



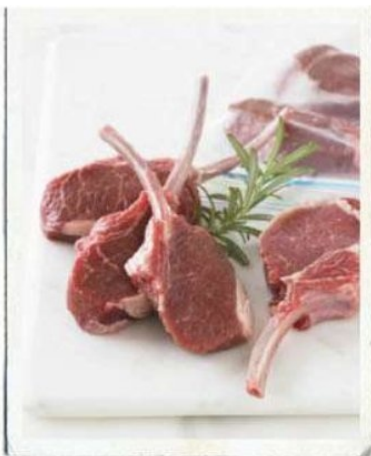
COURGETTES

Courgette and feta salad

Use a peeler to cut courgettes into ribbons, then toss with chopped flat-leaf parsley, crumbled feta and halved cherry tomatoes. Dress with olive oil and sherry vinegar.

Baked baby courgettes

Halve baby courgettes then put in a shallow ovenproof baking dish. Drizzle with olive oil, season really well, then bake until tender. Spoon over a little bought or homemade tomato sauce and some slices of mozzarella. Cook until the cheese is golden and bubbling.



SUMMER LAMB

Spiced lamb steaks

Rub oiled lamb leg steaks with cumin and paprika then season well. Griddle for a few minutes each side. Serve with tzatziki and salad.

Lemon lamb kebabs

Toss cubes of lamb with lemon juice, garlic and chilli flakes. Thread onto skewers then grill until tender. Stuff into pitta breads with houmous.



SARDINES

Sardines with chilli and lime juice

Put butterflied sardine fillets in a baking dish. Mix chopped red chilli, lime juice and olive oil, then spoon over the fish. Bake until just cooked through. Serve with crusty bread.

Stuffed barbecued sardines

Stuff whole, gutted sardines with bay leaves, lemon slices and sliced red onion. Oil all over, season, then barbecue for 2-3 minutes on each side.

Sardine escabeche with tapenade crostini

30 minutes ■ Serves 4 as a starter

■ EASY

Escabeche is where fish or meat is marinated after rather than before cooking. The marinade is quite acidic, so it's brilliant for oily fish. This makes more tapenade than needed, but it'll keep in the fridge for a couple of weeks.

saffron a pinch

white wine vinegar 200ml

lemon juice 1 tbsp

sardine fillets 20

shallots 1 large, sliced finely in rings

garlic 2 cloves, sliced

carrots 2, peeled and finely sliced

(I like to cut grooves down the carrot before slicing for a prettier presentation)

olive oil

thyme ½ bunch, picked

TAPENADE CROSTINI

pitted black olives 200g

large capers 30g, drained

garlic 1 clove, chopped

extra-virgin olive oil

anchovy fillets 20g

brandy 1 tsp

flat-leaf parsley small handful roughly chopped

baguette ½ sliced thinly and toasted

■ To make the tapenade, in a food processor whizz half each of the olives, capers and garlic with a dash of olive oil until you have a purée. Add the rest of the olives, capers and garlic, and whizz to a rough paste. Stir in the brandy and the parsley.

■ Mix the saffron with the vinegar, lemon juice and 200ml water.

■ Brush the sardines with a little oil, then season. Grill skin-side up for 2-3 minutes, until a little blistered and just cooked through.

■ Sweat the shallots, garlic and carrots in a little oil. Add the thyme and saffron liquid. Bring to the boil then remove from the heat.

■ Layer the fish, marinade and veg on a platter. Spread the tapenade on the toasts and serve with the sardines.

■ PER SERVING 564 kcal, protein 38.8g, carbs 22.5g, fat 35.8g, sat fat 5.8g, fibre 4.6g, salt 2.86g



MATCH SARDINES WITH PROVENCE ROSE

Delicately coloured, but full of flavour with strawberry fruit, a Mediterranean foil to the fish: **Finest Cotes de Provence Rosé 2009, France, 12.5%** (£7.99, Tesco):



Sardine escabeche with tapenade crostini

buon appetito

Celebrate summer with these simple but
drop-dead gorgeous Italian recipes

Recipes and photographs ALASTAIR HENDY



Antipasto deli board (recipe overleaf)



Pollo con rosmarino (roast chicken
with rosemary, recipe overleaf)

Antipasto deli board

10 minutes ■ Serves 4 ■ **EASY**

■ Wrap **parma ham** round **grissini** and arrange alongside **fresh figs, salami** and **olives**. Pour fruity **extra-virgin olive oil** into a dish and add a few splashes of **balsamic vinegar**, to dunk and dip **ciabatta** into.

Pollo con rosmarino (roast chicken with rosemary)

1 hour + marinating ■ Serves 4 ■ **EASY**

Don't skimp on the rosemary; the more the better. If you know how to joint a chicken, do, as meat roasted on the bone is best.

chicken pieces 1.8g, preferably on the bone
rosemary large handful, roughly chopped
garlic 1 small bulb, cloves peeled and bashed
olive oil 100ml
white wine 200ml
lemons 2, cut into wedges

■ Toss the chicken with plenty of salt, pepper, rosemary (including any woody stems), garlic and olive oil until well slicked. Leave to marinate for as long as you have time for. Overnight would be marvellous, 30 minutes is permissible.

■ Set the oven on a high setting - around 220C/fan 200C/gas 7. Spread over a roasting tin, skin-side down, in a single layer, cover with foil, and roast for 30 minutes. Remove the foil, turn the pieces skin-side up and roast for a further 15 minutes, until oven-golden and delicious. Transfer to a warmed dish.

■ Add the wine to the garlic and bits in the roasting tin, bubble up on the hob and offer this with the chicken, plus a fist of lemon. Rocket salad and bread on the side is all you need to add. That's it.

■ **PER SERVING** 654 kcal, protein 41.5g, carbs 4.7g, fat 50.5g, sat fat 12.3g, fibre 0.2g, salt 0.47g



Insalata di zucchine e parmigiano (courgette and parmesan salad)

10 minutes ■ Serves 4 ■ **EASY**

courgettes 2 medium, thinly sliced
rocket 2 handfuls
parmesan shavings
extra-virgin olive oil
balsamic vinegar



■ Assemble the courgette slices, rocket and parmesan across 4 plates, season well and dress with olive oil and balsamic vinegar.

Pappa al pomodoro (tomato, basil and bread soup)

50 minutes ■ Serves 4 ■ **EASY**

tomatoes 1.5kg, very ripe
olive oil 4 tbsp
onion 1 small, finely chopped
garlic 3 cloves, sliced
strong country bread 1 extra thick slice, sourdough is good
basil small bunch, torn
parmesan shaved or grated, to serve

■ Using the tip of a knife, pierce the tomatoes all over. Put in a pan of boiling water and simmer for 1 minute. Drain, cool, then peel - discarding the skin.

■ Heat the olive oil in the pan and fry the onion and garlic until softened but not coloured. Chop up the peeled tomatoes and tip into the pan, along with 400ml water. Season extra well and gently simmer for 30 minutes. The soup should look chunky but quite liquid. Tear up the bread and the basil, stir in and serve scattered with parmesan.

■ **PER SERVING** 216 kcal, protein 4.2g, carbs 23.3g, fat 12.5g, sat fat 1.7g, fibre 4.8g, salt 0.29g

eat in
show-off cooking



Pappa al pomodoro (tomato,
basil and bread soup)

eat in
show-off cooking



Spaghetti ai frutti di mare (seafood spaghetti)

30 minutes ■ Serves 4 ■ **EASY**

mussels or clams 1kg
garlic 3 fat cloves, finely chopped
red chilli 1 long and mild, deseeded and finely chopped
olive oil
white wine 200ml
pomodorini or small cherry tomatoes 20
pasta 400g, such as spaghetti, linguine or tagliatelle, cooked
flat-leaf parsley small handful, roughly chopped

■ Scrub the shells. Any that don't close, discard. Fry the garlic and chilli in 4 tbsp oil in a large saucepan, until they pick up a little colour. Pour in the wine and reduce until emulsified with oil and thickened. Season.

■ Add the seafood and tomatoes, cover the pan, turn up the heat and cook for about 2 minutes or until the shells have opened. Any that remain closed, discard. Add the drained spaghetti and the parsley to the pan, toss through and serve.

■ *PER SERVING* 526 kcals, protein 21.4g, carbs 79g, fat 14.3g, sat fat 2g, fibre 3.3g, salt 0.58g

Bellini cocktails

5 minutes ■ Serves 6 ■ **EASY**

peach juice 100ml, chilled

prosecco 1 bottle, chilled

Campari 100ml

■ Pour a dash of peach juice into 4 small bottles or long slim glasses, top up with ice-cold prosecco, add a glug of Campari to each, stir and serve.

■ *PER SERVING* 167 kcals, protein 0.4g, carbs 10.4g, fat 0g, sat fat 0g, fibre 0g, salt 0.02g

BRILLIANT WINE MATCHES

Deliciously aromatic with notes of white flowers and pears, **Sistina Pecorino 2010, Terre de Chieti, Italy, 13%** (£8.99, Majestic) is an appealingly adaptable white for summer cooking (pecorino is the grape - not the cheese). With its citrus freshness, it lifts the richness of the seafood, and complements the rosemary and lemon of the chicken. With the gelato, Asti, Italy's light, sparkling fizz with a mouthful of ripe grapes, is ideal: try **Asda Asti Spumante, 7%** (£4.78, Asda). Serve cool.



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40g plain flour
1 teaspoon baking powder
25g cocoa powder
100g plain chocolate, broken into small pieces
3 medium eggs
225g caster sugar
1 teaspoon vanilla extract
100g Hellmann's Real Mayonnaise
55g walnuts, finely chopped

Lightly grease a 23cm square cake tin and line with baking paper. Sift the flour with the baking powder and cocoa.

Put the chocolate into a heat proof bowl over a saucepan of hot water and leave until melted (alternatively, microwave on medium power, stirring occasionally, until just melted).

In a large bowl, whisk the eggs with the sugar and vanilla until slightly thickened. Whisk in the chocolate mixture.

Fold in the flour mixture, mayonnaise and walnuts. Pour into the prepared tin and bake in a preheated oven at 160°C for about 30-35 minutes or until a skewer inserted in the centre comes out clean.

This recipe and more at hellmanns.co.uk

BRING OUT THE BEST

IN YOUR COOKING



eat in
show-off cooking

Limoncello gelato

❄️ 5 minutes + infusing + freezing

■ Serves 6 ■ **EASY**

No ice-cream machine required. Just put it in the freezer and forget about it.

lemons 3, fat and juicy, zested and juiced

icing sugar 190g

double cream 450ml

limoncello from the freezer, 3 tbsp (optional)




■ Finely grate the zest of the lemons into a bowl, then add their juice. Stir in the sugar and leave for 30 minutes. Whip the cream with the ice-cold limoncello (or 3 tbsp ice-cold water) until softly whipped, then whisk in the lemon juice mixture. Turn into a tub and put in the freezer - there's no need to stir. Freeze overnight.

■ To make limoncello gelato wedges: halve lemons lengthways, scoop out their flesh and fill with the ice-cream mixture and freeze. Cut in half again lengthways on serving. (Use the juice from the abandoned flesh to make some fresh lemonade.)

■ **PER SERVING** 499 kcal's, protein 1.3g, carbs 34.9g, fat 40.2g, sat fat 23.6g, fibre 0g, salt 0.05g





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Victoria's wine stars

8 Nero d'avola



Our wine writer continues her series on wines to try. Collect her straightforward guides to build a set of easy food and wine matching recipes Words and recipe VICTORIA MOORE

Perhaps I stifled a sigh. Perhaps I just wasn't doing a very good job of feigning interest in his rows of cabernet sauvignon. 'But honestly, I don't think the world needs another cabernet either,' said a winemaker last time I visited Sicily. He paused and grinned. 'What we really want to get focused on is nero d'avola and also frappato.' When Sicily first began to emerge from its thick and unappetizing soup of mass-produced wine, much of it not even high enough quality to be sold in bottles, it was the international varieties such as merlot from producers such as Planeta that grabbed attention. Now, thankfully, they are old news. The buzz in Sicily now is all about vineyards on the volcanic slopes of Mount Etna, and local varieties from carricante and nerello mascalese to yes, nero d'avola. It's a grape I love for the sheer force and élan of its personality. In cheaper styles it's thirst-quenching and loves being drunk with food. In higher quality wines you begin to taste more subtlety, picking up different characteristics of structure, weight, earthiness, fragrance depending on where the grapes were grown. Around Vittoria, for example, in the south east of Sicily, the nero d'avola seems to have a lighter, almost wild strawberry and red cherry like characteristic. It's here that it's sometimes blended with another red grape, frappato, to make Cerasuolo di Vittoria, which at its best has a joyous, light-hearted lift and is delicious slightly chilled. Everywhere, though, this is a grape that produces wine with a distinctive reek that leaps out of the glass and makes you long for a plate of aubergine and courgette fritters or tomatoes with peppery olive oil to help it slip down.

MATCH OF THE MONTH

Aubergine, tomato and olive pasta

30 minutes ■ Serves 2 ■ EASY

olive oil

breadcrumbs 1 large handful
aubergine 1 medium
garlic 1 clove, finely chopped
tomatoes 5, skinned and chopped
capers 3 tsp, drained
anchovy fillets 3, chopped
black olives 1 small handful
lemon 1/2, zested
penne 200g
flat-leaf parsley 1 tbsp, chopped

■ Heat 2 tbsp olive oil in a frying pan and fry the breadcrumbs, turning every so often, until they are crisp and golden. Set aside on kitchen roll.

■ Chop the aubergine into 1cm cubes. Heat about 3 tbsp olive oil in a frying pan, add the aubergine when it's hot, and fry the aubergine until golden and cooked through. Take out the aubergine with a slotted spoon and drain on kitchen roll to remove excess oil.

■ Add the garlic to the pan. When it's golden, return the aubergines to the pan, add the tomatoes, capers, olives and chopped anchovy fillets and cook for

10 minutes until the sauce blends.

■ Meanwhile, boil a large pan of salted water and cook the pasta to al dente.

■ Immediately before serving, mix the lemon zest into the sauce. Drain the pasta, mix in the sauce, and serve in bowls with a sprinkling of parsley and breadcrumbs.

■ PER SERVING 744 kcal, protein 18.7g, carbs 99.6g, fat 32.9g, sat fat 4.5g, fibre 9.2g, salt 1.74g



Rossojbleo Nero d'Avola, 2008,

Sicily, 14% (£9.99, virginwines.co.uk)

A beautifully elegant and mineralic nero d'avola. Also look out for its impressive, and more expensive sibling, nerojbleo.

THREE MORE TO TRY



Trinacria Rosso Sicilia 2009 Sicily, Italy, 12% (£3.99, Waitrose)

This is actually a blend of Italian red varieties – roughly a third nero d'avola and a third frappato with nerello and sangiovese making up the difference. It's light, cheery and sunny with a bright cherryish taste. Drink slightly chilled, in tumblers, with charcuterie.



Nero d'Avola Corte Ibla 2007 Sicily, Italy, 13% (£11.99, M&S)

With a little oak ageing, this is a more layered, rounded wine with fragrant cedar and violet notes sitting alongside the liquorice bootlaces and cherries – one for barbecue food.



COS Nero di Lupo 2008 Sicily, Italy, 12.5% (£16.17, zelas.co.uk)

A gloriously detailed, utterly seductive wine from one of my favourite Sicilian producers. This has been aged in huge terracotta jars and has great integrity.

9

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7 meals for £35

olive food editor Janine Ratcliffe makes a week's worth of smart, great-value suppers

Recipes JANINE RATCLIFFE Photographs DAVID MUNNS



INGREDIENTS CHECKLIST

SHOPPING BASKET

- ☐ red onion 1½
- ☐ onion 1
- ☐ spring onions 1 bunch
- ☐ courgette 1 large
- ☐ peas 100g
- ☐ broad beans 100g
- ☐ mangetout 100g
- ☐ baby corn 100g
- ☐ courgettes 500g
- ☐ red pepper ½
- ☐ green pepper 1
- ☐ cucumber ½
- ☐ beef tomatoes 2
- ☐ cherry tomatoes 10
- ☐ watercress 50g
- ☐ round lettuce 1
- ☐ parsley a small bunch
- ☐ coriander a small bunch
- ☐ dill ½ a small bunch
- ☐ lemons 1½
- ☐ lime 1
- ☐ orzo 3 tbsp
- ☐ crusty bread
- ☐ lean beef mince 500g
- ☐ smoked mackerel 2-3 fillets
- ☐ skinless boneless chicken thighs 4-6
- ☐ spicy pork sausages 6
- ☐ eggs 2
- ☐ emmental cheese 8 slices
- ☐ soured cream 1 small tub
- ☐ ricotta 100g
- ☐ parmesan 50g
- ☐ crusty rolls or ciabatta buns 4

- ☐ dried soba noodles 75g
- ☐ spelt 100g
- ☐ giant pasta shells 20 (about 200g)
- ☐ chopped tomatoes 3 x 400g tins
- ☐ pinto beans 1 x 400g tin
- ☐ crunchy peanut butter 2 tbsp
- ☐ skinny chips to serve (I use McCain oven French fries)

STORECUPBOARD

- ☐ olive oil
- ☐ garlic
- ☐ ground cumin
- ☐ ginger
- ☐ chillies
- ☐ capers
- ☐ pitted black olives
- ☐ dried chilli flakes
- ☐ bay leaves
- ☐ vegetable or chicken stock
- ☐ soy sauce
- ☐ sesame oil
- ☐ rice wine vinegar
- ☐ chilli sauce
- ☐ mayonnaise
- ☐ horseradish sauce
- ☐ sugar
- ☐ basmati rice

£34.76
TOTAL FOR 7 MEALS*

MONDAY Summer veg-box soup

20 minutes ■ Serves 2 ■ EASY

You can mix and match any green veg that you have around. Spinach, cabbage or green beans would all work in this.

- olive oil**
- spring onions** ½ bunch, chopped (including green bits)
- courgette** 1 large, diced
- peas** 100g (fresh or frozen)
- broad beans** 100g, double-podded, (fresh or frozen)
- vegetable or chicken stock** 750ml
- orzo** 3 tbsp
- crusty bread** to serve



■ Heat 1 tbsp olive oil in a pan. Add the spring onions and courgette and cook for 3-4 minutes until softened. Add the orzo and stock, cook for 5 minutes then add the peas and broad beans and simmer until the orzo is tender. Serve with crusty bread.

■ PER SERVING 235 kcals, protein 11.6g, carbs 28.3g, fat 9.1g, sat fat 1.2g, fibre 7.2g, salt 3.82g

TUESDAY Provençale burgers

40 minutes ■ Serves 4 ■ EASY

Black olives and capers give these burgers a punchy tapenade-style kick.

- lean beef mince** 500g
- red onion** 1 small, ½ grated, ½ sliced
- capers** 1 tbsp, drained and roughly chopped
- pitted black olives** 6, finely chopped
- dried chilli flakes** a pinch
- parsley** ½ a small bunch, chopped
- emmental cheese** 4 slices
- round lettuce** 8 leaves
- beef tomatoes** 1, sliced
- crusty rolls or ciabatta buns** 4, toasted

■ Put the first 6 ingredients (apart from the sliced onion) in a bowl. Season generously then mix well (hands are best for this). Form into 4 burgers then griddle or fry for 5-6 minutes each side until cooked through. Add a slice of cheese to each burger and let the pan heat melt the cheese (or grill to help it along). Put a couple of lettuce leaves on each bun base. Sit the burgers on top then add tomatoes, onion and the top of the bun.

■ PER SERVING 535 kcals, protein 44.6g, carbs 31.6g, fat 26.5g, sat fat 13.2g, fibre 3g, salt 1.92g



Provençal burgers

eat in
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WEDNESDAY Soba noodle salad with Asian peanut dressing

20 minutes ■ Serves 2 ■ EASY

You can knock up the dressing for this with mostly storecupboard ingredients. It's also great as a sauce for BBQ chicken.

dried soba noodles 75g
spring onions 4, shredded
mangetout 100g, halved lengthways
baby corn 100g, halved lengthways
red pepper 1/2, thinly sliced
DRESSING
crunchy peanut butter 2 tbsp
ginger a small chunk, finely grated
soy sauce 1 tbsp
sesame oil 1 tsp
rice wine vinegar 1 tbsp
chilli sauce 1 tbsp

CHEAT'S
CHOICE

■ Cook the noodles following pack instructions, be careful as they can go mushy very quickly. Drain, rinse under cold water and drain again.

■ Put the peanut butter in a bowl, add the other dressing ingredients one by one then whisk in 3-4 tbsp boiling water from the kettle until you have a thinnish dressing consistency.

■ Put the noodles in a large bowl, add the vegetables and the dressing and toss everything together.

■ PER SERVING 295 kcals, protein 13.5g, carbs 38.1g, fat 10.8g, sat fat 1.9g, fibre 4.3g, salt 2.98g

BRILLIANT WINE MATCHES

Most adaptable red of the month is **La Croisade Réserve Grenache 2009, Vin de Pays D'Oc, 13%** (£5.99, Majestic), with a light, spicy fruitiness that pairs the burgers, the pepper chicken, and the chilli. For the more delicate flavours of the veg soup, and the ricotta shells, pick an Italian white: **Cori DOC 2010, 12%** (£5.49, M&S) is a new white with Italian notes of herbs. It also suits the mackerel. The noodle salad shines with an aromatic white to soothe the spiciness: **Tilimuqui Fairtrade Single Vineyard Torrontés 2010, Famatina Valley, Argentina, 12.5%** (£6.99, Waitrose), is fragrant and spicy. Serve cool.

THURSDAY Smoked mackerel with herb spelt and horseradish dressing

40 minutes ■ Serves 2 ■ EASY

Smoked fish and horseradish is a brilliant match - try hot smoked trout or salmon.

pearled spelt 100g
red onion 1/2 small, finely sliced
lemon 1, juiced
eggs 2
cucumber 1/2, seeds scooped out and sliced
flat-leaf parsley 1/2 a small bunch, chopped
dill 1/2 a small bunch, chopped
smoked mackerel 200g, skin discarded and flaked
mayonnaise 2 tbsp
horseradish sauce 1 tbsp

■ Cook the spelt in salted water until tender, about 20 minutes. Rinse, drain then toss with the onion and 1/2 the lemon juice. Season.

■ Lower the eggs into boiling water, cook for 8 minutes then cool in cold water.

■ Add the cucumber, parsley, 1/2 of the dill to the spelt to 2 plates. Shell and quarter the eggs and add to the plates with the fish. Mix the mayo, horseradish, lemon juice, dill and a little water, season, then drizzle on the salad.

■ PER SERVING 726 kcals, protein 33.5g, carbs 34.9g, fat 50.6g, sat fat 11.4g, fibre 3.9g, salt 3.27g





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FRIDAY

**Chargrilled pepper
chicken with lime aioli**

45 minutes ■ Serves 2 ■ **EASY**

skinless boneless chicken thighs 4-6

lime 1, juiced

olive oil

mayonnaise 4 tbsp

garlic 1/2 clove, crushed

watercress 50g

cherry tomatoes 10, halved

French-fried oven chips to serve

■ Put the chicken thighs between sheets of clingfilm then gently bash with a rolling pin or the bottom of a heavy pan to flatten. Put in a dish with half the lime juice and 1 tbsp olive oil. Season, adding a few extra grinds of black pepper and toss everything together. Leave for 15 minutes.

■ To make the aioli, mix the mayo with the rest of the lime juice and garlic and season.

■ Heat a griddle (chargrill) to very hot.

Shake the chicken free of excess marinade and griddle for 4-5 minutes on each side until cooked through. Mix the watercress and tomatoes. Serve the chicken with aioli, chips and the watercress and tomato salad.

■ **PER SERVING** 465 kcal, protein 41.2g, carbs 2.2g, fat 32.4g, sat fat 6.3g, fibre 0.9g, salt 0.82g



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SATURDAY

Pinto bean and spicy sausage chilli

1 hour ■ Serves 4 ■ EASY

You'll need some nice spicy sausages for this - I use fresh pork chorizo-style sausages from Waitrose but anything with a decent chilli and herb content will do.

spicy pork sausages 6

onion 1, finely chopped

garlic 2 cloves, crushed

green pepper 1, cut into chunks

ground cumin 2 tsp

dried chillies a big pinch

chopped tomatoes 2 x 400g tins

sugar 1 tsp

pinto beans 1 x 400g tin, drained

coriander a handful, chopped,

plus **coriander leaves** to finish

basmati rice 150g, cooked to serve

soured cream to serve



■ Cook the sausages in a wide pan with a lid until browned all over and cooked through. Take out of the pan and add the onion, garlic and pepper. Cook for 5 minutes until softened then add the cumin and chillies. Cook for a minute then add the tomatoes and sugar. Stir, season and bring to a simmer. ■ Slice the sausages into chunks on an angle then add back to the sauce with the beans. Simmer for 30 minutes until sauce is thickened. Stir in the chopped coriander. Serve with and rice, soured cream and coriander leaves.

■ PER SERVING 385 kcals, protein 22.5g, carbs 31g, fat 19.9g, sat fat 6g, fibre 8.5g, salt 1.54g



SUNDAY

Stuffed and baked ricotta shells

1 hour ■ Serves 2 ■ EASY

Buy giant shells in delis and supermarkets, or online at luigismailorder.com. They make a good alternative to stuffed cannelloni and look stylish in the dish.

olive oil

garlic 2 cloves, crushed

chopped tomatoes 1 x 400g tin

giant pasta shells 20 (about 200g)

courgettes 500g, topped, tailed and grated

lemon 1/2, zested

ricotta 100g

parmesan 50g, grated



■ Heat 1 tbsp olive oil in a pan. Add half the garlic, cook for a minute then add tomatoes. Simmer for 10-15 minutes until thickened.

■ Cook the giant shells until almost tender. You want to slightly undercook them as you'll be baking them again later. Drain, rinse under cold water then drain completely.

■ Heat another tbsp of oil in a large frying pan, add the rest of the garlic and the courgettes. It looks like a huge amount of courgette at the start, but it really wilts down. Cook for 10-15 minutes until the courgettes have reduced and all the liquid has cooked off. Cool then stir in the ricotta and zest and half the parmesan. Season well.

■ Heat the oven to 190C/fan 170C/gas 5. Spoon the tomato sauce into the bottom of a shallow ovenproof baking dish. Stuff a spoonful of courgette mix into each shell then sit in the sauce in rows. Sprinkle over the rest of the parmesan. Bake for 20-25 minutes until bubbling and golden.

■ PER SERVING 701 kcals, protein 33g, carbs 87.2g, fat 26.9g, sat fat 10.2g, fibre 7.5g, salt 0.9g





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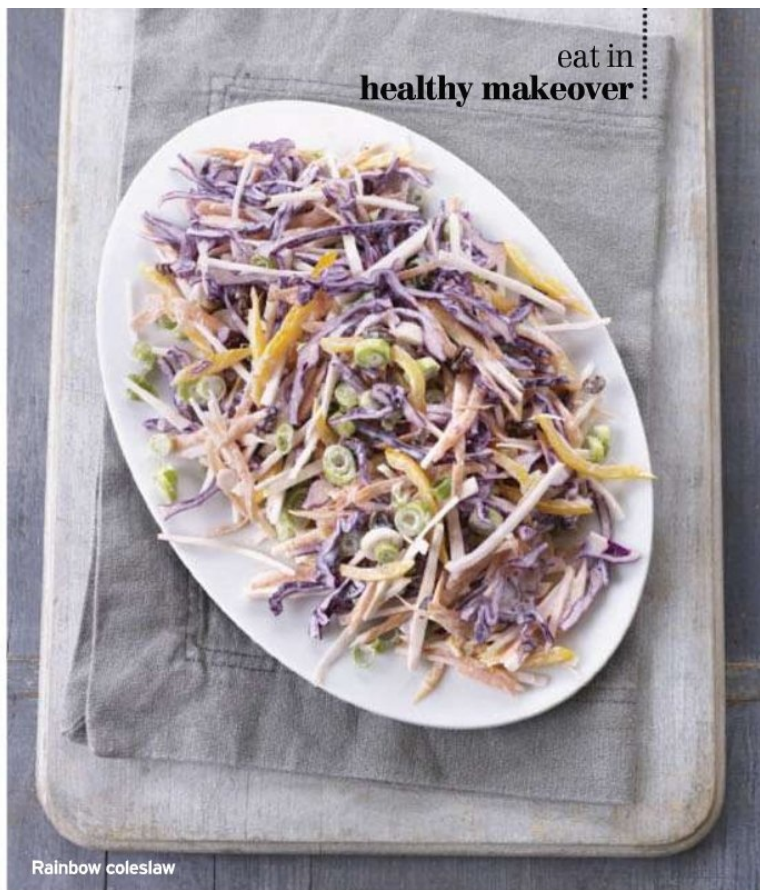
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New-potato salad with herb and lemon dressing



Rainbow coleslaw

eat in
healthy makeover

Lighter salads

A new healthy take on these Summer classics

Recipes JUSTINE PATTISON Photographs PETER CASSIDY



Tuna Niçoise



Light lemon chicken Caesar

eat in healthy makeover

olive

Rainbow coleslaw

20 minutes ■ Serves 6 as a side ■ EASY

WHY IT'S LIGHTER Natural yoghurt and a tiny splash of cream add richness to the dressing without too much fat. Raisins give natural sweetness.

red cabbage ½, shredded
carrots 2 medium, peeled and coarsely grated
yellow pepper 1 small, seeded and finely sliced
spring onions 6, trimmed and finely sliced
raisins 50g
celeriac ½ small, about 200g, cut into thin matchsticks
DRESSING
natural yoghurt 150ml
single cream 2 tbsp
garlic clove ½, crushed
lemon juice 2-3 tsp



- Put the cabbage, carrots, pepper, spring onions, raisins and celeriac in a bowl and toss lightly.
- For the dressing, mix the yoghurt with the cream and garlic. Season with salt, ground black pepper and lemon juice. Pour over the vegetables and toss lightly.

■ **PER SERVING** 80 kcals, protein 3.2g, carbs 13.8g, fat 1.7g, sat fat 0.8g, fibre 4g, salt 0.17g

olive

New-potato salad with herb and lemon dressing

20 minutes + cooling ■ Serves 4 as a side ■ EASY

WHY IT'S LIGHTER A heavy mayo-based dressing is replaced with a light but punchy lemon, mustard and herb one. The potato skins are left on for a slower release of energy.

baby new potatoes 600g, well scrubbed
tarragon leaves, flat-leaf parsley leaves
and chives 2 tbsp each, roughly chopped
lemon ½, finely grated zest
DRESSING
wholegrain mustard 1 tsp
Dijon mustard 1 tsp
clear honey or caster sugar 1 tsp
lemon juice 1½ tsp
light olive oil



- Put the potatoes in a pan and cover with cold water. Bring to a boil and cook for 12-15 minutes, or until tender. Drain in a colander under running water until cooled, then leave until cold.
- For the dressing, whisk the mustards, honey and juice in a large bowl. Gradually whisk in 2 tbsp olive oil, until emulsified and glossy.
- Cut the potatoes in half and put in the bowl with the dressing. Add the herbs and lemon zest. Season with lots of freshly ground black pepper and a good pinch of salt, then toss well.

■ **PER SERVING** 164 kcals, protein 3g, carbs 25.6g, fat 6.2g, sat fat 0.8g, fibre 1.7g, salt 0.19g

Light lemon chicken Caesar

20 minutes ■ Serves 2 ■ EASY

WHY IT'S LIGHTER Skinless chicken contains less fat. A little parmesan in the dressing gives richness without too many calories.

small skinless chicken breasts 2
lemon juice ½ tbsp
mild olive oil spray
ciabatta 2 x 2cm-thick slices
garlic ½ clove
romaine lettuce 1, leaves rinsed and roughly torn
DRESSING
garlic ½ clove
anchovy fillets 2 in oil, drained
parmesan 5g, finely grated
Dijon mustard ½ tsp
reduced-fat mayonnaise 2 tbsp



- For the dressing, mash the garlic and anchovy with a pestle and mortar, then add the other ingredients. Add 1-2 tbsp water. Season.
- Cut the chicken horizontally to make 4 thin pieces. Rub with juice, spray with oil and season.
- Rub the ciabatta with garlic. Cut into pieces and spray with oil. Grill for 5 minutes until browned and crisp.
- Grill chicken for 2-3 minutes each side until cooked through. Put the lettuce on plates and scatter with croutons. Slice the chicken and add to the salad with dressing.

■ **PER SERVING** 274 kcals, protein 30.1g, carbs 15.3g, fat 10.7g, sat fat 2g, fibre 2.6g, salt 1.28g

olive

olive

Tuna Niçoise

30 minutes ■ Serves 2 ■ EASY

WHY IT'S LIGHTER Coating the tuna in spices adds flavour, and fewer potatoes keeps calories down.

fennel seeds 1 tsp
dried chilli flakes ½ tsp
tuna steak 200g
light olive oil
eggs 2 medium, at room temperature
small new potatoes 150g, scrubbed and halved
green beans 50g, trimmed
baby gem lettuce 1, leaves separated and rinsed
cherry tomatoes 8, halved
pitted black olives 20g
red onion ½ small, thinly sliced
VINAIGRETTE
Dijon mustard 1 tsp, **sugar** ½ tsp, **garlic** ½ clove, crushed, **white wine vinegar** 1 tbsp whisked with 3 tbsp **light olive oil** and 3 tbsp water



- Crush the fennel, ½ tsp black pepper, chilli and salt in a pestle and mortar. Rub the tuna with 1 tsp olive oil and the spice mix.
 - Boil the eggs for 8 minutes, then cool. Boil the potatoes for 15 minutes, adding the beans for the final 5. Drain and refresh.
 - Heat a non-stick pan then cook the tuna for 2 minutes on each side. Divide the lettuce between plates, add the veg and olives. Add peeled, quartered eggs and sliced tuna then spoon over the dressing.
- **PER SERVING** 487 kcals, protein 33.2g, carbs 18.5g, fat 31.7g, sat fat 5.4g, fibre 2.6g, salt 0.68g

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SUMMER EASE

Make the most of long, sunny days
with this smart seasonal menu

Recipes LUCAS HOLLWEG

Photographs TARA FISHER

MENU FOR FOUR

- * Peas, broad beans and ricotta on toast
- * A bowl of roast quails with spiced yoghurt
- * Couscous salad with dried figs and orange
- * Raspberry and basil sorbet

Peas, broad beans and ricotta on toast (recipe overleaf)



Lucas Hollweg is a journalist, food writer and columnist for *The Sunday Times Style* magazine.

Peas, broad beans and ricotta on toast

30 minutes ■ Serves 4 ■ **EASY**

Vibrant and green, with a gentle sweetness, this is like eating a mouthful of early summer.

broad beans 4 handfuls, podded
fresh or frozen peas 4 handfuls
extra-virgin olive oil
rustic toast 4 big pieces
garlic 1 clove, halved
ricotta 12 tbsp
mint leaves from a small bunch

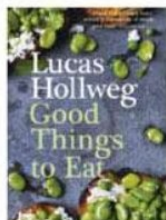
■ Bring a small saucepan of water to the boil. Throw in the beans, bring back to the boil and cook for 3 minutes, then add the peas and cook for 3 minutes more. Drain into a sieve and run under the cold tap for a minute or so until cold. Pick out the broad beans and gently pinch them between your fingers at one end, so the vivid green coins slide from the sage-coloured skins. Tip into a small bowl with the peas, a splash of olive oil and some salt and pepper and toss until everything is coated.

■ Rub the toast with the cut side of the garlic to give it some flavour. Sprinkle the surface with olive oil, then pile on the ricotta. Add a mound of peas and beans, then tear some of the mint leaves over the top. Add a splash more oil and a generous grinding of pepper.

■ **PER SERVING** 313 kcals, protein 13.3g, carbs 25.7g, fat 18.2g, sat fat 5.1g, fibre 5.9g, salt 0.75g

BRILLIANT WINE MATCHES

A refreshing start is **Taste the Difference Gavi, Italy, 2009, 12.5% (£7.99 Sainsbury's)** an Italian with elegance, that will add a seasoning of lemon zest. Follow with **Torres Viña Sol Rosé 2010, Catalunya, Spain, 13.5% (from £6.49, Majestic, Waitrose, Wine Rack)** a new-season pink wine, with red fruits that makes the ideal backdrop to the couscous. To finish, try a chilly bottle of Italy's sweet and grapey **Moscato d'Asti: Michele Chiarlo Nivole 2010, Italy, 5% (£8.05/37.5cl, slurp.co.uk)** with its gentle sparkle.



Recipes adapted from *Good Things to Eat* by Lucas Hollweg (£20, Collins). olive offer £18, with free UK p&p. For olive book offers, call 01872 562313.

A bowl of roast quails with spiced yoghurt

1 hour plus marinating ■ Serves 4 ■ **EASY**

I once made a bowl of roast quails for my book group. Since then, I seem to have gained rather a reputation for 'doing bowls'. It's a relaxed way of serving things: you just plonk the bowl on the table and let people sort themselves out. This only needs good bread and some sort of green salad and you're all set, although a bowl of couscous salad with dried figs and orange (recipe opposite) would also be nice.

olive oil 150ml
garlic 4 cloves, crushed
ground cumin 2 tbsp
paprika 1 tbsp
cayenne pepper ½ tsp
lemons juice of 2
quails 8, oven-ready
Greek yoghurt 350ml
coriander leaves 2 big handfuls
milk

■ Mix the oil, garlic and spices with the juice of one lemon and a good sprinkling of salt. Put three-quarters of the mixture into a mixing bowl large enough to hold all the quails, add the birds and toss everything together. Cover and leave to marinate for 1 hour, turning everything over in the spice mixture occasionally.

■ Add the rest of the mixture to the yoghurt with a couple of decent pinches of salt, the coarsely chopped coriander leaves and as much of the remaining lemon juice as you think it needs - you may not want it all. Thin a little with a splash of milk, then put it in the fridge while you cook the quails.

■ Heat the oven to 220C/fan 200C/gas 7. Give the birds a final toss in the marinade, then scoop them out and pin the legs together with wooden toothpicks. Arrange in two roasting tins, leaving a bit of space between the birds so they roast rather than steam. Sprinkle generously with more salt flakes and put in the oven for 25-30 minutes, or until the skin is puffed and crisp and the legs pull away easily from the body.

■ Tip into a large serving bowl or plate, pour over any juices from the roasting tins and sprinkle with salt flakes. Eat with the yoghurt, your fingers and an appetite.

■ **PER SERVING** 871 kcals, protein 52g, carbs 6.7g, fat 70.9g, sat fat 16.6g, fibre 0.2g, salt 0.5g

Couscous salad with dried figs and orange

40 minutes ■ Serves 4 ■ **EASY**

I've never been one for a rice salad. The memory of bland 1970s buffet fodder, punctuated by squares of raw green peppers and knobs of mushroom, leaves me glacially cold. I do, though, love the bulgur salads of the Middle East, speckled with a mass of finely chopped herbs, and the Moroccan idea - used more in hot dishes than cold - of mixing fragrant spice with the sweetness of dried fruit. This recipe brings them together.

couscous 300g
lemons 2, juiced
garlic 2 cloves, crushed
sea salt ½-1 tsp
golden caster sugar 1 tsp
ground cinnamon ½ tsp
ground cumin 1 ½ tsp
paprika ½ tsp
extra-virgin olive oil 150ml
orange 1 large
ready-to-eat dried figs 15, stalks removed and finely sliced
coriander 3 big handfuls, roughly chopped
mint leaves 20 large, torn
pine nuts 2 handfuls, toasted

■ Put the couscous in a large heatproof bowl. Pour over 450ml boiling water; then cover with clingfilm and leave for 30 minutes, or until all the water has been absorbed.

■ In a salad bowl, mix the lemon juice with the crushed garlic, salt, sugar and spices. Stir in the olive oil. Coarsely grate in the zest of the orange, avoiding the white pith. Cut off the remaining skin and with a sharp knife, slice between the papery membranes to release the segments. Add them to the bowl and squeeze in the juice from the membranes using your hands.

■ Add the sliced figs, coriander, mint, pine nuts and soaked couscous to the bowl and stir well. The flavours can happily mingle for 1 hour or so before you eat.

■ **PER SERVING** 690 kcals, protein 9.1g, carbs 67.4g, fat 44.6g, sat fat 5.9g, fibre 4.2g, salt 0.72g





A bowl of roast quails with spiced yoghurt;
couscous salad with dried figs and orange

eat in
entertaining

Raspberry and basil sorbet

❄ 20 minutes + churning and freezing

■ Serves 4-6 ■ **EASY**

The basil isn't a sledge-hammer flavour here. It floats in the background, adding just a hint of perfume.

golden caster sugar 200g

vanilla extract 1/4 tsp

basil leaves 40 large

raspberries 500g

lemon 1, juiced



■ To make a sugar syrup, put the sugar and vanilla in a large mixing bowl with half the basil leaves. Pour over 200ml boiling water; stir until the sugar dissolves, then leave to stand for 10 minutes.

■ Put the raspberries in a blender or food processor with the lemon juice. Measure out 300ml of the sugar syrup and strain onto the raspberries,

leaving behind the basil leaves. Blend to a pulp, then sieve well, until only the seeds are left in the sieve - remember to scrape any purée from the underside.

■ Chill well in the fridge, then churn in an ice-cream maker. When the sorbet is nearly firm, chop the remaining basil leaves into the smallest possible pieces (you want them to be the merest flecks), discarding any stalks and ribs, then stir in until well distributed.

■ After churning, scrape into a container, cover and put in the freezer for 1-2 hours until it reaches a scoopable consistency. If frozen solid, transfer to the fridge for about 15 minutes before serving.

■ **PER SERVING** 231 kcals, protein 19g, carbs 58.7g, fat 0.4g, sat fat 0g, fibre 3.1g, salt 0.02g



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Recipes JANE HORNBY Photographs GARETH MORGANS



Iberico ham and roasted tomato salad

25 minutes ■ Serves 2 ■ **EASY**

tomatoes 6 small, halved
garlic 2 cloves, thinly sliced
sweet smoked paprika ¼ tsp
extra-virgin olive oil
Iberico or Serrano ham 75g pack
pitted black olives a handful
flat-leaf parsley handful, leaves roughly chopped
sherry vinegar 2 tsp
crusty bread to serve

■ Heat the oven to 220C/fan 200C/gas 7. Put the tomatoes, cut side up, into a roasting tin. Scatter with garlic, paprika and seasoning, drizzle with a little oil, then roast for 15 minutes until softened and golden on top. Leave to cool for 10 minutes.

■ Arrange the ham, tomatoes and olives on a serving platter, then scatter with the parsley. Pour the vinegar and 1 tbsp oil into the tomato roasting tin, then whisk around the pan, mixing the tomato juices into the dressing. Drizzle over the platter and serve with crusty bread.

■ *PER SERVING* 370 kcal, protein 13.7g, carbs 8.9g, fat 31.4g, sat fat 7.1g, fibre 3.8g, salt 2.43g

Cherry, goat's cheese and walnut salad

10 minutes ■ Serves 4 ■ **EASY**

walnut halves 100g
fennel bulb 1 large, finely shredded
watercress, rocket and spinach 150g bag
cherries 250g, pitted
balsamic vinegar 1 tbsp
extra-virgin olive oil
goat's cheese 200g, with rind, broken into chunks
sourdough sliced and toasted, to serve



■ Dry fry the nuts until toasty and golden. Put the fennel into a large bowl with the leaves and cherries. Whisk the balsamic, 2 tbsp oil and salt and pepper together, then dress the salad. Scatter with the cheese and nuts.

■ Serve with slices of toasted sourdough, drizzled with a little oil.

■ *PER SERVING* 426 kcal, protein 16.4g, carbs 9.8g, fat 36g, sat fat 11.3g, fibre 3.5g, salt 0.96g



eat in
fast food



Chard, tomato and ricotta bake

30 minutes ■ Serves 4 ■ EASY

butter

Swiss chard 450g, shredded
(or use spinach)

garlic 1 clove, crushed

nutmeg 1/2 tsp, freshly grated

ricotta 250g tub

eggs 4

parmesan 75g, grated

ripe tomatoes 3 or 4, thinly sliced

extra-virgin olive oil

■ Heat the oven to 220C/fan 200C/gas 7. Melt a knob of butter in your biggest frying pan then fry the chard for 5 minutes or until completely wilted and tender. Add the garlic, cook for 1 minute, then season with the nutmeg, salt and pepper. Press against the pan with a wooden spoon to squeeze out any excess juices and pour them away.

■ Meanwhile, beat the ricotta with the eggs and most of the parmesan. Season, then stir in the chard. Pour into a baking dish, lay on the tomato slices and sprinkle on the rest of the cheese then drizzle with a little oil. Bake for 10-15 minutes until just set in the middle. Grill for 2 minutes until golden. Serve with a crisp green salad.

■ PER SERVING 363 kcal, protein 22.8g, carbs 71, fat 27.3g, sat fat 11.7g, fibre 0.7g, salt 1.39g

Dukkah lamb with smoky aubergines

30 minutes ■ Serves 2 ■ EASY

extra-virgin olive oil

lamb neck fillets 2, about 300g

egg 1, beaten

aubergines 2, cut into fingers

plum cherry tomatoes 200g

lemon 1, zested and juiced

garlic 1 small clove, crushed

dill 20g pack, chopped

DUKKAH MIX

hazelnuts 30g, toasted and chopped

paprika 1/2 tsp

garam masala 1 tsp

sesame seeds 15g

■ Heat oven to 220C/fan 200C/gas 7 and oil the base of a roasting tin. Mix the nuts, spices, sesame seeds and 1/4 tsp each salt and pepper. Dip the lamb into the egg, one piece at a time, let the excess drip away, then roll in the dukkah. Roast for 20 minutes for just-pink meat (15 minutes if thinnish), and a golden crust. Rest for 5 minutes.

■ As the lamb cooks, heat a griddle pan till very hot. Toss the aubergines with seasoning and 1 tbsp oil then griddle till softened and charred all over, about 10 minutes. Scatter the tomatoes into the gaps in the pan and sizzle for 2 minutes till the skins start to split. Mix the lemon zest and juice, garlic, dill and 1 tbsp more oil. Add in the hot vegetables and toss, then serve with the lamb.

■ PER SERVING 642 kcal, protein 39.9g, carbs 12.8g, fat 48.2g, sat fat 15.9g, fibre 9g, salt 1.02g



LET'S PREPARE THE DRINKS
but **LET THE EVENING JUST HAPPEN**



TASTE A BETTER SUMMER

Moroccan wings with herb couscous

30 minutes ■ Serves 4 ■ EASY

chicken wings 2 x 475g packs
maple syrup 3 tbsp
harissa paste 1 tsp, plus more to serve
cumin seeds 1 tsp, lightly crushed
orange 1 medium, zested and juiced (about 6 tbsp in total)
lemon 1, zested and juiced
couscous 150g
mint large bunch
coriander large bunch
preserved lemon to make 2 tbsp, finely chopped
extra-virgin olive oil
0% fat Greek yoghurt to serve

■ Heat the grill to high. Put the chicken wings into a large roasting tin and grill for 15 minutes, turning halfway, till golden.

■ Meanwhile mix the maple syrup, harissa and cumin with the zests, half of the orange and lemon juices and some seasoning. Pour over the wings, shake to coat, then return to the grill for another 15 minutes till browned and sticky, turning once.

■ For the couscous, boil the kettle. Splash the remaining orange and lemon juice over the couscous then pour in enough boiling water just to cover. Clingfilm the bowl then set aside for 10 minutes. Roughly chop the herbs.

■ Fluff the couscous, fold through the herbs, preserved lemon, 1 tbsp oil and some salt and pepper. Serve with the wings and a spoonful of yoghurt, swirled with harissa if you like a bit more heat.

■ **PER SERVING** 503 kcals, protein 37.4g, carbs 29.8g, fat 25.8g, sat fat 8.5g, fibre 0g, salt 0.55g



**LET'S REMEMBER THE STRAWBERRIES
and FORGET ABOUT THE WEATHER**



TASTE A BETTER SUMMER

menuspy Summer berries

Restaurant menus are a great source of inspiration – here's how chefs are making the most of summer berries, plus six **olive** recipes to try at home

Words and recipes SARAH COOK Photographs GARETH MORGANS

HAWKSMOOR

(thehawksmoor.co.uk)

Hawksmoor isn't just about steaks – its trifles are something special too. And this month, the restaurant will donate 50p to Action Against Hunger for every summer berry trifle sold.

TRY OUR VERSION

SHERRY TRIFLE ■ Serves 4

Dip 6 **sponge fingers** into 4 tbsp **sherry**, then break into the bases of 4 pots or glasses. Make 200ml **raspberry jelly** following packet instructions. Stir and chill until it starts to thicken, then add in 2 handfuls **raspberries** and 1 handful **blueberries**. Divide between the pots; chill until set. Top with 250ml **vanilla custard**, then 200ml **double cream** lightly whipped with 1 tbsp **icing sugar** and 2 tbsp **sherry**. Chill again. Spread 2 tbsp **flaked almonds** on a baking sheet, sprinkle with another tbsp **icing sugar** and bake at 180C/160C fan/gas 4 for 5-6 minutes, until golden. Sprinkle almonds over trifles to serve.

FIFTEEN

(fifteencornwall.co.uk)

Much of the menu at this Cornish branch of Jamie Oliver's Fifteen restaurants is dictated by what suppliers turn up with on the day. Last year's summer highlights included polka raspberry cheesecake and Royal Sovereign strawberries.

TRY OUR VERSION

RASPBERRY CHEESECAKE ■ Serves 6-8

Crush 125g **ginger nuts** and 125g **digestives** to crumbs, then stir in 100g melted **butter**. Press into the bottom of a 20cm springform tin lined with baking parchment. Chill for 1 hour. Whisk 600g **soft cheese** and 100g **icing sugar** to loosen, then whisk in 300ml **double cream**. Add to the tin bit by bit, dotting in 200g **raspberries** as you go. Smooth the top and chill overnight. Serve with raspberry sauce.

MIDSUMMER HOUSE

(midsummerhouse.co.uk)

Daniel Clifford has held two Michelin stars for more than five years now, and his amazing puddings go a long way to explaining why. The white chocolate mousse with berry compote is a favourite.

TRY OUR VERSION

LITTLE WHITE CHOCOLATE AND BERRY POTS ■ Serves 4

Heat a handful **mixed berries** in a small pan to soften slightly and become a bit juicy. Divide between 4 small pots, glasses or cups. Set aside 1 square from a 100g bar of **white chocolate** and melt the rest in a bowl over a pan of barely simmering water, then cool. Whip 150ml **double cream** to soft peaks, then stir in the melted chocolate. Spoon over the top of the berries, grate over the last square of chocolate and chill for a couple of hours.

ROSKILLYS

(roskillys.co.uk)

If you try just one ice cream from this Cornish institution, make it blackcurrant cheesecake. Tart, juicy British blackcurrants, creamy, rich vanilla ice cream and, of course, crunchy bits.

TRY OUR VERSION

BLACKCURRANT AND MASCARPONE ICE CREAM ❄️ ■ Serves 8

Gently heat 200g **blackcurrants** with 100g **golden caster sugar** and a splash of water. When the sugar has melted, bubble to make a syrup. Whizz and sieve half, then stir back into the rest and cool. Beat 250g **mascarpone** with an electric whisk to loosen, then add 400ml **double cream**, a 397g can **condensed milk** and 1 tsp **vanilla paste** or **extract**. Beat again until thick. Crumble a big handful **amaretti biscuits**. Tip the mixture into a container, drizzle over the syrup, scatter over the crumbs and swirl through to ripple. Freeze overnight.

BETTYS

(bettys.co.uk)

In Betty's fruit sundae, summer berries are piled up with homemade raspberry sauce, vanilla and strawberry ice creams and crushed meringue. Yum.

TRY OUR VERSION

KNICKERBOCKER GLORY ■ Serves 1

Whizz and sieve a handful **raspberries**, sweetening to taste with a little **golden caster sugar**, then layer in a tall sundae glass with a few more fresh raspberries, a thinly sliced ripe **peach** and a scoop each of **strawberry ice cream**, **vanilla ice cream** and **berry sorbet**. Top with a dollop of **whipped cream** and a **cherry**.

CHARLOTTE'S BISTRO

(charlottes.co.uk)

Chef Wesley Smalley is the new chef at this West London restaurant.

His blackberry and elderflower jelly, buttermilk set cream and blackberry sorbet is served in a martini glass.

TRY OUR VERSION

BLACKBERRY JELLY ■ Serves 6

Soften 4 **gelatine leaves** in cold water. Put 600g **blackberries**, 175g **golden caster sugar** and 500ml water in a pan. Gently heat until the sugar dissolves, then simmer for 5 minutes. Sieve into a clean pan, mashing the blackberries with a wooden spoon to get out all the juice. Squeeze out the gelatine leaves, then stir into the hot blackberry juice until melted. Add 1-2 tbsp **lime juice** and divide between 6 glasses or small bowls. Add a few more **blackberries** to each. Chill overnight.

BUY THE BEST

Pick your own for the freshest you'll find, or failing that look for locally grown (see pickyourownfarms.org.uk). Some berries freeze fantastically, so don't worry if you pick too many – you can hoard them in your freezer to bring out in a few months' time, when there's not a fresh British berry in sight. Just spread raspberries, blackberries, currants and blueberries onto trays, open freeze until solid, then tip into plastic bags. And to use? Just go backwards. Spreading frozen berries onto trays to defrost will also help to stop them turning into mush.



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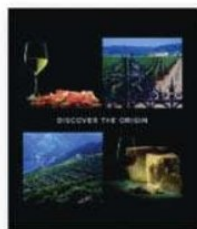


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meat



1 CLASSIC BURGER ■ Serves 4

■ Mix 500g of **lean beef mince** with 1 tsp **chilli powder** and season. Divide the mixture into 4 equal pieces, then shape with your hands into round burgers about the width of the buns. Grill on the barbecue for 5 minutes on each side, or until cooked through.

■ Meanwhile, toast 4 **burger baps** on the barbecue. Serve with tomatoes, gherkin and chopped onion.

2 CHICKEN WITH CAPERS, PINE NUTS AND PARSLEY ■ Serves 4

■ Mix 1 tsp **capers** with 2 tsp **pine nuts**, 1 crushed **garlic** clove, a small bunch of chopped **parsley** and some **olive oil**. Spread half over the flesh side of 8 boneless **chicken thighs**. Roll up and secure with string or a skewer. Barbecue on an indirect heat for 20 minutes, turning occasionally, or until the chicken is golden, crisp and cooked through.

■ Rest for 5 minutes. Mix 1 tsp **white wine vinegar** into the remaining mix and spoon over before serving.

3 GREEK-STYLE LAMB WITH YOGHURT AND THYME ■ Serves 6

■ Sit 18 **lamb cutlets** or chops in a large shallow dish, then mix the zest and juice of 1 **lemon**, leaves from a few sprigs of **thyme** and 2 crushed **garlic** cloves. Pour over, turn to coat, and marinate at room temperature for 30 minutes.

■ Mix 200g **Greek yoghurt** with some seasoning, lift the lamb out of the marinade and rub with the yoghurt. Barbecue for 5-10 minutes, turning once, until the lamb is cooked to your liking. Scatter with a little more thyme and then serve with dollops of **houmous**, **pitta bread** and **salad leaves**.

4 HERB AND LEMON PORK CHOPS ■ Serves 6

■ Put 6 **pork loin chops** in a dish. Mix 3 crushed **garlic** cloves with a handful of chopped **parsley**, 1 tsp crushed **fennel seeds**, the zest and juice of 1 **lemon**, 3 tsp **olive oil** and 6 **bay leaves**, then rub all over the chops. Leave the chops to marinate for at least an hour.

■ Season the chops, then barbecue for 5-8 minutes on each side until cooked through. Add lemon quarters for the last minute to char, then serve alongside the pork.

FOOD PHOTOGRAPHS: LIS PARSONS, MYLES NEW



JUNE 2011

eat in
30 BBQ recipes



Tomato, cucumber and coriander salad

28 TOMATO, CUCUMBER AND CORIANDER SALAD ■ Serves 4

■ Chop 6 **tomatoes**, dice 1 small **cucumber** and finely chop a **red onion**. Add a small chopped bunch **coriander**, a squeeze of **lime** juice, season and toss.

29 BROCCOLI, HAZELNUT AND CHERRY TOMATO SALAD ■ Serves 4

■ Put 100g roughly chopped toasted **hazelnuts** in a bowl with 400g bite-size **broccoli florets** and 200g halved **cherry tomatoes**. Whisk 150ml **olive oil** with 50ml **red wine vinegar**, 1 crushed **garlic** clove, 4 tsp **wholegrain mustard** and 2 tsp **clear honey**. Season to taste. Gently toss the dressing with the salad ingredients and serve.

30 SPICED QUINOA WITH ALMONDS AND FETA ■ Serves 4

■ Heat a little olive oil in a large pan. Add 1 tsp **ground coriander** and 1 tsp **turmeric**, then fry for a minute or so until fragrant. Add 300g rinsed **quinoa**, then fry for a further minute until you can hear gentle popping sounds. Stir in 600ml boiling water, then gently simmer for 10-15 minutes until the water has evaporated and the quinoa grains have a white 'halo' around them. Allow to cool slightly, then stir through 50g toasted **flaked almonds**, 100g crumbled **feta cheese**, a handful of chopped **parsley** and the juice of a **lemon**. Serve warm or cold.

FOOD PHOTOGRAPH: LIS PARSONS

JUNE 2011



salads



Spiced sweet potato salad with crisp noodles

25 SPICED SWEET POTATO SALAD WITH CRISP NOODLES

- Serves 4-6
- Heat oven to 200C/fan 180C/gas 6. Toss 4 peeled and chunked **sweet potatoes** with 2 tsp **cumin seeds**, 1 tbsp **sunflower oil** and some seasoning. Roast for 20-25 minutes until tender and golden. Cook 50g **dried fine egg noodles** following pack instructions, then drain. Heat 2cm oil in a wok or deep pan. Fry the noodles in batches for 30 seconds until crisp. Drain on kitchen paper. Whisk another 2 tbsp of oil with the zest and juice of an **orange**, 1 tbsp **red wine vinegar** and season. Tip potatoes into a bowl with 100g **spinach**, 2 sliced **avocados** and 1 sliced **red onion**. Add dressing and mix. Crumble over the noodles.

26 CHICORY SALAD WITH HERB VINAIGRETTE

- Whisk 3 tbsp **white wine vinegar** with some seasoning. Gradually whisk in 6 tbsp **extra-virgin olive oil** and 2 tbsp chopped **flat-leaf parsley** and **chives**.
- Arrange 3 heads of separated **chicory leaves** on a large plate and drizzle over the dressing.

27 FENNEL SEED SLAW

- Mix 4 tbsp **mayonnaise**, 4 tsp **red wine vinegar** and 1 tsp toasted **fennel seeds** and season really well. Toss with a shredded **white cabbage**, 4 shredded **carrots** and 1 halved and sliced **red onion**, and leave for 20 minutes. Toss again before serving.

FOOD PHOTOGRAPH: LIS PARSONS

eat in 30 BBQ recipes



Steak with chimichurri

5 STEAK WITH CHIMICHURRI

- Serves 2
- Make the chimichurri sauce by mixing 2 tsp **paprika** with 1 tsp **ground cumin**, 2 finely chopped **garlic** cloves, a finely chopped **red onion**, 2 tbsp **red wine vinegar**, a bunch of **coriander**, and adding enough **olive oil** to make the mixture spoonable. Season.
- Brush 2 x 150g **fillet steaks** with a little oil and season well. Cook the steaks on a really hot barbecue for 2 minutes on each side, then carefully press on top to see how cooked they are. They'll feel very soft when rare, so keep cooking them if you'd like them medium or well done. Serve the steaks with the chimichurri.

the juice of half a **lemon** and some seasoning. Cover and chill until needed.

- Cook 1 finely chopped **onion** and 2 crushed **garlic** cloves in 50g of **butter** over a low heat until soft, around 10 minutes. Add a 400g tin of **chopped tomatoes** and simmer for 7-8 minutes. Add 2 tbs **hot pepper sauce**, then whizz the lot until smooth in a food processor.
- Remove the tips from 1kg of **chicken wings** using a sharp knife. Divide each wing into 2 at the joint. Season well with salt, pepper and **cayenne**. Barbecue over medium-hot coals for 25-30 minutes. Turn regularly, until cooked through with a crisp skin.
- Toss the cooked wings in the hot sauce and pile onto a large plate with a bowl of the blue cheese dip.

6 BUFFALO WINGS WITH BLUE CHEESE DIP

- Serves 6
- Mash 100g **blue cheese** (roquefort, gorgonzola or stilton) in a bowl, then beat in 150ml **soured cream**, 2 tbsp **mayonnaise**,



fish



7 THAI-STYLE PRAWNS ■ Serves 4

■ Make a marinade by mixing 1 chopped red chilli with 1 tbsp olive oil, 2 tsp Thai fish sauce, 2 crushed garlic cloves, 2 tsp grated ginger and 1 tsp ground cumin. Toss with 600g jumbo king prawns with the shell on and leave for 5 minutes.

■ Thread the prawns on metal skewers, put in the centre of the hot barbecue grill and cook for 2-3 minutes. Turn once until opaque.

8 WARM SALAD OF COURGETTE AND SALMON ■ Serves 2

■ To make the dressing, mix 3 tbsp olive oil with 1 tsp lemon juice, 1 tsp wholegrain mustard and 2 tsp of chopped tarragon.

■ Mix 4 tbsp olive oil, the juice of 1 lemon, 2 tsp of dried herbes de Provence and 1 crushed garlic clove in a bowl and season. Toss 8 halved baby courgettes in this marinade until thoroughly coated. On the barbecue, sear the courgettes in batches for 2-3 minutes on each side until just softened

with dark stripes.

■ Cut 2 pieces of skinless salmon fillets each into 3 strips. Put the strips into the remaining marinade and toss to coat, then barbecue them for 1-2 minutes on each side until just cooked through.

■ To serve, divide a bag of herb salad leaves between two plates and lay the courgettes and salmon on top. Re-whisk the dressing and drizzle it over everything.

9 HALIBUT PARCELS WITH COCONUT CREAM, CHILLI AND LIME ■ Serves 6

■ Make 6 large parcels using doubled over banana leaves (available from Asian supermarkets) or foil. Divide 6 x 125g halibut fillets between them. Mix 200ml coconut milk with 2 tbsp fish sauce, 1 chopped red chilli, the zest of 1 lime, 2 tsp chopped ginger and a small bunch of chopped coriander in a small bowl. Divide between the parcels and season.

■ Seal the parcels with a toothpick or by folding in the edges of the foil. Barbecue for 10 minutes. Serve with rice and sweet chilli dipping sauce.

10 BARBECUED MACKEREL WITH GINGER, CHILLI AND LIME ■ Serves 4

■ Make the dressing by whisking 2 tbsp olive oil with 1 tsp Thai fish sauce, 1 tsp sesame oil, 2 tsp of honey, the grated zest and juice of 2 limes, a knob of chopped ginger, 1 chopped garlic clove and 1 finely chopped red chilli in a small bowl. Season.

■ Score each side of 4 small whole, gutted and cleaned mackerel about 6 times, not quite to the bone. Brush them with oil and season and barbecue for 5-6 minutes on each side until the fish is charred and the eyes have turned white. Spoon the dressing over the fish and allow to stand for 2-3 minutes before serving.

FOOD PHOTOGRAPH: CAMERON WATT

eat in
30 BBQ recipes



Pepper and feta parcels

23 PEPPER AND FETA PARCELS ■ Serves 8

■ Mix a sliced red onion with 4 halved, sliced baby courgettes, 16 cherry tomatoes and 16 black olives. Crumble over 200g feta and add a handful of shredded basil. Drizzle with olive oil and season. Divide into 8 red pepper halves and wrap each in tin foil. Barbecue for 30 minutes or until the vegetables are tender.

24 BARBECUE BAKED SWEET POTATOES ■ Serves 8

■ Rub 8 sweet potatoes with a little oil and salt, then wrap in a double layer of foil. As soon as the barbecue coals are glowing red, put the potatoes directly on them. Cook for 15 minutes, turn with tongs, then cook for 15 minutes more. Remove one, unwrap and check it is cooked through.

■ Peel back the top of the foil from each

potato, then split open and top with a spoonful of Greek yoghurt and a few slices of spring onion.



FOOD PHOTOGRAPHS: MYLES NEW, DEBI TRELOAR



sides



19 MOZZARELLA AND BASIL BREAD ■ Serves 8

■ Mix 150g soft **butter** with 2 x 125g diced balls of **mozzarella**, 2 crushed **garlic** cloves and a handful of chopped **basil** and season well. Cut diagonal slices into, but not all the way through, 2 **baguettes**. Put a bit of cheesy **butter** in each slit, double wrap in foil and barbecue for 20 minutes until the bread is golden and crisp and the cheese melted.

20 BUTTER AND HERB CORN ■ Serves 4

■ Mash 100g softened **butter**, 1 crushed **garlic** clove and a handful of chopped **parsley** with seasoning. Cut 4 pieces of foil large enough to hold a **corn cob**, place a cob on each piece, top each one with **butter**, then seal edges to form parcels. Bake or cook on the barbecue for 30 minutes, or until tender.

21 GRAPEFRUIT AND MANGO SALSA ■ Serves 4

■ Segment a **pink grapefruit** with a sharp knife. Cut each segment into 3 and put into a bowl. Peel a ripe **mango**, cut the flesh away from the stone and cut into pieces about the same size as the grapefruit. Add to the grapefruit with 1 finely chopped **red chilli**, the juice of 1 **lime** and 2 finely chopped **spring onions**. Season, then stir in a handful of roughly chopped **coriander leaves**.



22 CUCUMBER WITH SOURED CREAM AND DILL ■ Serves 4

■ Cut a **cucumber** in half lengthways, scrape out the seeds, then cut into slices on the diagonal. Put the cucumber in a colander over a large bowl. Sprinkle with 1 tsp sea salt and leave for 20 minutes.
■ Put the cucumber in a bowl, add 1 halved, finely sliced **red onion**, 150g **soured cream**, a small bunch of chopped **dill** and 1 tbsp **horseradish cream**, then season with black pepper. Toss everything together and serve sprinkled with a little more dill, if you like.



Indian-spiced sea bream

12 INDIAN-SPICED SEA BREAM ■ Serves 6

■ Slash the skin of 2 whole, gutted and cleaned **sea bream** on each side with a sharp knife. Mix 2 tbsp grated **ginger** with 4 crushed **garlic** cloves, season with **salt**, then rub all over the fish.
■ Mix 6 tbsp **plain yoghurt** with 2 tbsp **olive oil**, 2 tsp **tumeric**, 2 tsp **mild chilli powder**, 3 tsp **cumin seeds** and seasoning. Use to coat the fish inside and out, then chill until ready to cook. Cook straight on the barbecue's rack (or on foil if you are afraid of it sticking) for 6-8 minutes each side until cooked through and the eyes have turned white.

11 TUNA STEAKS WITH BALSAMIC-ROASTED TOMATOES ■ Serves 2

■ Heat the oven to 200C/fan 180C/gas 6. Mix 2 tbsp **olive oil** with 4 tbsp **balsamic vinegar** and season. Put 250g **cherry tomatoes** on a baking tray and then pour over most of the balsamic mixture. Roast for 15 minutes.
■ Season and lightly oil 2 x 150g **tuna steaks**, then barbecue for 2 minutes each side. Serve with the tomatoes, a handful of **salad leaves** and the remaining balsamic oil drizzled over.

FOOD PHOTOGRAPHS: LIZ PARSONS



veggie



13 FALAFEL AND HALLOUMI STACKS

■ Serves 4

To make the falafel burgers, whizz a 400g tin of drained chickpeas with 1 crushed garlic clove, 1 tsp ground cumin, 1 tsp ground coriander, 1 tsp mild chilli powder, 1 tsp plain flour and a pinch of salt in a food processor, then form into 4 burgers. Chill for 10 minutes, then brush with olive oil and barbecue until crisp.

■ Cut a 250g block of halloumi cheese into 8 slices. Barbecue until coloured, turning over once. Fill 4 crusty rolls with the falafel burgers, halloumi, Little Gem lettuce, chilli sauce and houmous.

14 CARROT AND SESAME BURGERS

■ Serves 6

Grate 750g carrots. Put a third of the grated carrot in a food processor with a 400g tin of drained chickpeas, 1 chopped onion, 2 tbsp tahini paste, 1 tsp ground cumin and 1 egg. Whizz to a thick paste, then scrape into a large bowl. Heat a little oil in a pan, tip in the remaining carrot and cook for 8-10 minutes. Stir until softened. Add this cooked carrot to

the whizzed paste with 100g wholemeal breadcrumbs, the zest of 1 lemon and 3 tbsp sesame seeds. Season. Mix using your hands. Divide the mix into 6. Shape into burgers. Cover and chill until serving. Mix

150g plain yoghurt with 1 tsp tahini paste and 1 tsp of lemon juice, then chill.

■ Brush the burgers with a little oil. Barbecue each side for 5 minutes, until golden. Toast the buns on the barbecue alongside the burgers. When the burgers are ready, spread each bun with the lemony sesame yoghurt and sliced avocado. Top with the burger, some sliced red onion and rocket. Drizzle chilli sauce to finish.

15 AUBERGINE WITH SPICY APRICOT TABBOULEH

■ Serves 1

Boil the kettle and tip 25g couscous into a heatproof bowl. Rub in 1 tsp harissa with your fingers, then stir in 4 chopped apricots and a few pinches of ground coriander. Pour over 2 tsp boiling water, cover, then leave the couscous to swell for 5 minutes.

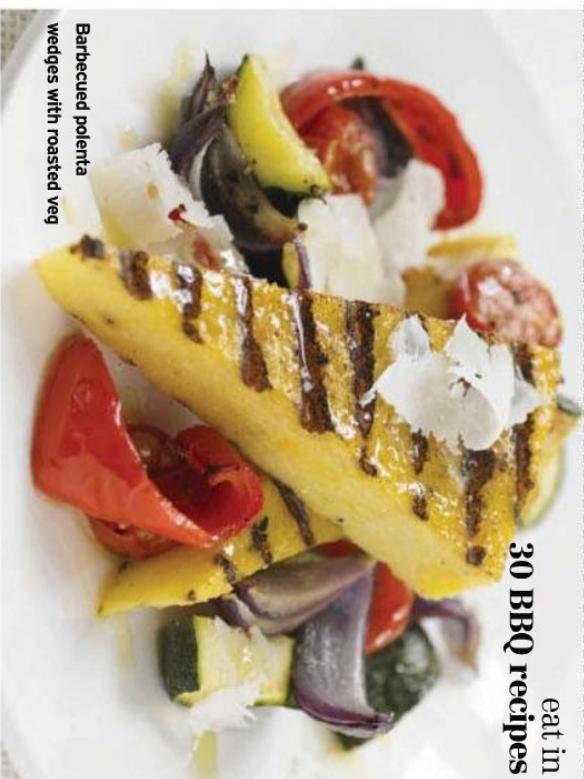
■ When the couscous is cooked, fluff it up with a fork and stir in 1 sliced spring onion, 2 tbsp chopped mixed herbs, 1 tsp olive oil and 1 tbsp lemon juice. Season well.

■ Slice a thick slice off the rounded end of an aubergine. Using a small knife and teaspoon, cut and scrape out most of the aubergine flesh until you have a 12cm thick shell left. Brush inside and out with another tsp of olive oil, then tightly pack in the couscous. Return the slice to the bottom of the aubergine to seal, then wrap tightly in two layers of foil.

■ Mix another 2 tsp chopped mixed herbs with 1 tbsp olive oil, 1 tbsp lemon juice and some seasoning. Sit the aubergine over the coolest part of the barbecue and cook for about 30 minutes, turning. To test if the aubergine is done, stick in a skewer – if it feels soft and the skewer feels hot when it comes out, it's ready. To serve, unwrap the aubergine and thickly slice. Sit a few slices on a plate and drizzle with the dressing.

FOOD PHOTOGRAPH: DAVID MUNNIS

eat in
30 BBQ recipes



Barbecued polenta wedges with roasted veg

16 BARBECUED POLENTA WEDGES WITH ROASTED VEG

■ Serves 2

Make 100g of instant polenta following pack instructions. Beat in 25g butter and 4 tsp grated parmesan. Season well. Spread polenta about 2 cm deep on a small baking tray. Set in the fridge (about 20 minutes).

■ Heat the oven to 200C/fan 180C/gas 6. Toss 1 sliced red onion, 1 halved, thickly sliced courgette, a handful of cherry tomatoes and 1 sliced red pepper with 2 tsp olive oil. Season, roast for 10-15 minutes until tender. Cut polenta into wedges. Brush with oil and barbecue both sides. Top with the veg, parmesan shavings and a drizzle of oil.

17 TIKKA SKEWERS

■ Serves 6

■ In a large bowl, mix 3 tsp tikka paste with 250g plain yoghurt, 2 tsp cumin seeds, a thumb-size piece of grated ginger and seasoning. Boil 250g baby new potatoes in a pan of boiling salted water for 7 minutes, then drain well and tip into the tikka mixture with 300g paneer cheese cut into chunks. Gently mix into the marinade, then chill for at least 2 hours to take on flavour. Soak 12 wooden skewers in water for 30 minutes.

■ To assemble the kebabs, alternately thread the marinated potatoes and paneer

FOOD PHOTOGRAPH: MYLES NEW

onto the skewers with 3 thickly sliced red onions and 2 roughly chopped red peppers. Mix 5 tsp mango chutney into 250g plain yoghurt. Add a handful of mint leaves into a 250g bag of salad leaves. Barbecue the kebabs for 10-15 minutes turning until the veg are charred and softened. With a few minutes to go, add 12 chapattis to the barbecue in batches to warm through. Serve the kebabs with the salad, mango yoghurt and chapattis.

18 BARBECUED BALSAMIC MUSHROOMS WITH GORGONZOLA

■ Serves 6

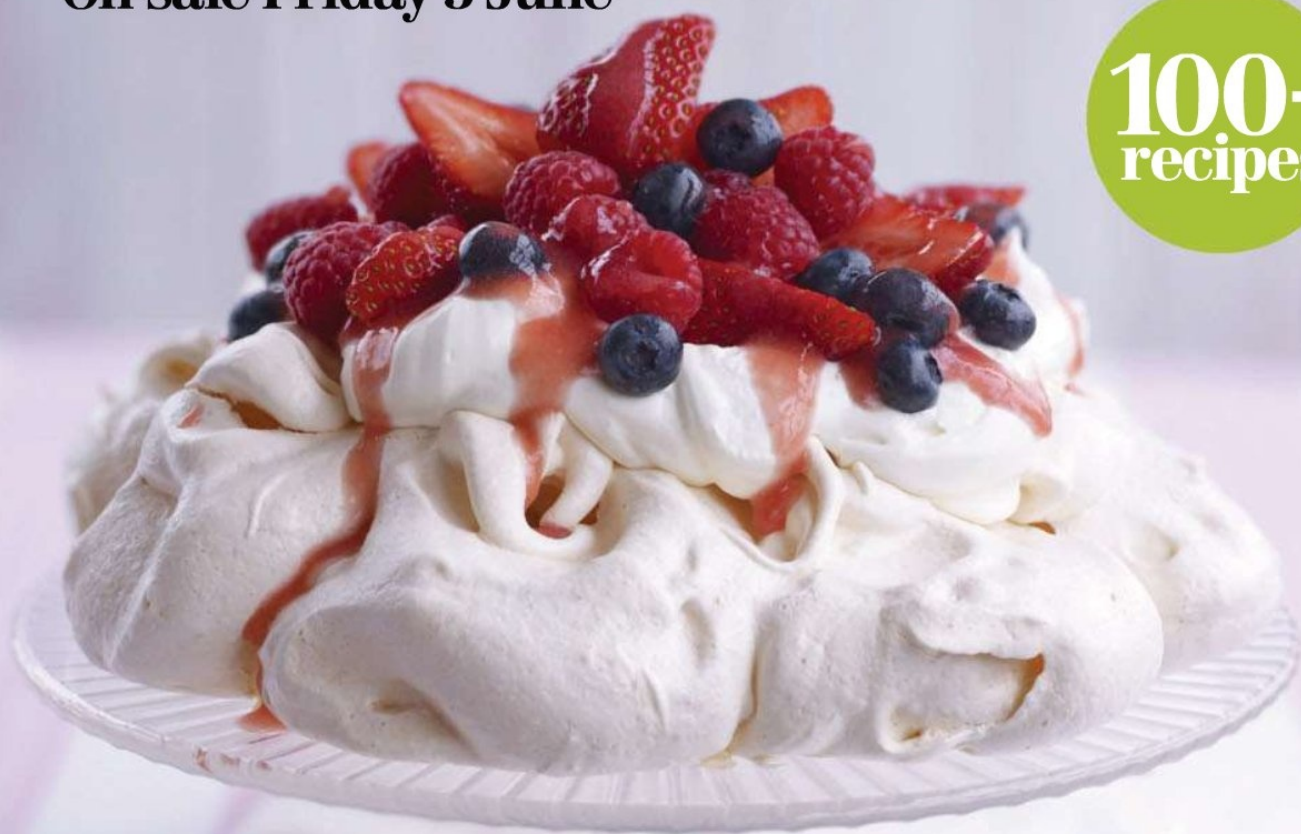
Score a criss-cross pattern lightly into the top of 6 large portobello mushrooms. In a shallow non-metal container, mix 4 tsp balsamic vinegar, 5 tsp olive oil, 2 tsp chopped mint and 2 chopped garlic cloves and season. Add the mushrooms. Toss with the marinade. Leave for 10 minutes. Toast 6 slices of French bread. Barbecue the mushrooms for 23 minutes on each side. Crumble 100g gorgonzola cheese over each one. Sprinkle a large handful of shredded radicchio over the bread, top with a mushroom. Spoon over any extra marinade.

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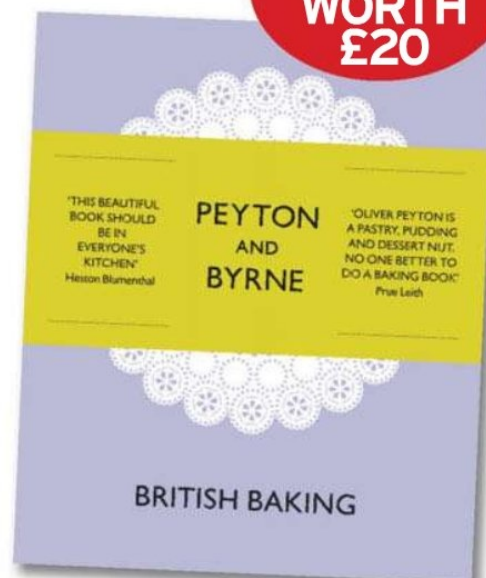


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Edited by JESSICA GUNN

ENOTECA TAVOLA CALDA


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olive 83



Rosaria Crolla of The Italian Club, Liverpool

The Italian guide to eating like an Italian

Want to know your Calabrian ricotta from your Venetian asiago? **olive**'s experts take you on a culinary tour of Italy - and tell you where to eat the real deal closer to home 🇮🇹

Words TONY NAYLOR Photographs DEAN BELCHER



Ottavio Bocca of
Le Langhe, York

LAZIO IN LIVERPOOL

Rosaria Crolla and her chef partner, Maurizio Pellegrini, run Liverpool's The Italian Club deli-caffè

'Rome and wider Lazio are really two distinct spheres. Traditional Roman cooking was born out of cucina povera, the simple, rustic food of the poor. There's still a lot of offal – known as quinto quarto (the fifth quarter) – used in dishes such as rigatoni alla pajata – pajata is lamb and veal intestines chopped and cooked with tomatoes. They're dying out somewhat, but the classic Roman restaurant is a trattoria or osteria – they're casual, family-run places, often with no menu. You'll find them in Testaccio and Trastevere, the oldest parts of Rome and where the communal slaughterhouses once were.

'Outside Rome, Lazio is very rural. People eat a lot of meat, particularly lamb. Abbacchio, milk-fed suckling lamb marinated in roasted garlic then oven baked, is a real treat – you eat it like ribs, the meat just tears off the bone. There's also a huge tradition of sausages, both spiced and unspiced. Guanciale, a slightly fattier pancetta made from pig's cheek, is another speciality and it's used in two famous Lazio dishes – spaghetti carbonara and bucatini all'Amatriciana (thick spaghetti with pancetta and tomato sauce).

'Porchetta (spit-roast suckling pig) served sliced on homemade bread is Lazio's street food. At The Italian Club, we pay homage with our panino Picinisco – roast pork loin seasoned with the porchetta herbs, served on ciabatta with pepperoni, pepper and onions.' Starters from £3.50, panini from £4.50, hot dishes from £5.50. The Italian Club, 85 Bold Street, Liverpool (0151 708 5508; theitalianclubliverpool.co.uk)

ALSO TRY

■ MASSIMO, London SW1

Chef Massimo Riccioli runs the most famous fish restaurant in Rome, La Rosetta. His new restaurant at London's new Corinthia Hotel features regional dishes such as bucatini pasta with Amatriciana sauce. Starters from £8, mains from £15. (020 7998 0555; massimo-restaurant.co.uk)



Ottavio Bocca of Le Langhe, York

PIEDMONT IN YORK

Ottavio Bocca is chef-owner at York deli-restaurant Le Langhe

'I'm from Carrù, a tiny mountain village famous for its livestock farming and meat, particularly Piedmontese-bred beef, used for tartare and Carpaccio. The best-known local product is, of course, the white Alba truffle, which fetches £4,000–£6,000 per kilo. To bring out its high-intensity flavour and smell, it's best on plain foods such as pasta with butter, or a fried egg.

'One of the biggest Piedmont dishes is bagna càuda, a warm anchovy, garlic and olive oil sauce to dip vegetables into. This might be followed by pasta made from soft wheat and eggs, and served with meaty sauces. At Le Langhe we make fresh pasta daily and serve it with something like hare ragù. Despite the tradition of game in Piedmont, we ate most of it in the war, so now it's scarce. In Yorkshire, there's game everywhere, so I'm taking the chance to use it.' Starters from £3.95, salads and pasta from £8.95, mains from £13.50. Open for dinner Friday and Saturday. Le Langhe, the Old Coach House, Peasholme Green, York (01904 622584; lelanghe.co.uk)

ALSO TRY

■ LANTERNA, Scarborough

Chef Giorgio Alessio's brasato, a six-hour braised ox cheek stew, and his hot bagna càuda with roasted peppers will transport you to his native Asti. Starters from £7.50, mains from £16. (01723 363616; lanterna-ristorante.co.uk)

CAMPANIA IN CHISWICK

Pizza expert Giuseppe Mascoli is co-founder of Franco Manca restaurants and Sorrento-style pizzerias, Rocca

'My home town, Positano, is quite touristy now, but the Amalfi Coast used to be very isolated. Even now, there are places that you can only reach on foot. When I was a kid, we didn't eat meat – a few restaurants still don't serve it. The cuisine is based on veg, pasta and seafood. Shellfish is popular, as is octopus, bass, bream and, in September, when it's migrating, bonito and albacore tuna. Tuna is preserved in oil, or 'cooked' in acqua pazza (crazy water), a stew.

'Rocket grows wild along the Amalfi Coast, and until I was about 15, you couldn't find it outside the area, as no-one had cultivated it. Similarly, back then pizza only really existed in Campania. There are basically two types of pizza: the Sorrentina and the Neapolitan. The Sorrentina takes longer to cook and has a thicker, semi-wholemeal flour base.

The Neapolitan pizza cooks at very high temperatures in a specially built oven. The perfect Neapolitan pizza requires key ingredients: tomatoes and mozzarella (ours is made in Somerset using an artisan Campanian recipe), and knowing how to treat flour and dough. We use a criscito sourdough, common in Naples. When cooked quickly at a high temperature, it shouldn't crisp up; it should be soft, and have that classically Neapolitan (slightly charred) cornicione edge. You need wine with a high acidity and minerality to clean the palate, like asprinio – a light, dry white I've never found outside Naples.'

Pizza from £4.50; 144 Chiswick High Road, London W4 – also in Brixton. (020 7738 3021; francomanca.co.uk).

Rocca di Papa, 75-79 Dulwich Village, London SE21, and 73 Old Brompton Road, London SW7 (roccarestaurants.com)

ALSO TRY

■ SALVO'S, Leeds

This contemporary Italian clings to its roots in dishes such as aubergines alla Salernitana. Starters from £3.25, pasta from £10.25, mains from £14.95 (0113 275 5017; salvos.co.uk)

CAMPANIA GASTRONOMIA, London E2

A slice of Salerno in Shoreditch, this café does a fine line in Amalfi Coast favourites. Starters from £5, mains from £9.95. (Columbia Road, London E2; 020 7613 0015)



Giuseppe Mascoli of Franco Manca, London



SICILY IN WIRRAL

Piero Di Bella is
chef-owner of Sicilian
restaurant Da Piero



'Sicily's principal ingredient is, of course, fish. In my home town, Catania, there is a famous daily market, mercato di Catania; you'll find about 500 stalls, around 70% of which sell fish. Go there at 6am and you can see what we call dancing fish - fish so fresh it's still bouncing on the tables. The most prized fish are the orata and sarago, types of sea bream, plus seafood such as vongole and triangular telline clams.

'Sicilians also love ricci di mare (sea urchins). When I was a teenager, I'd go diving and collect about 150 in an hour. We'd cut them open with scissors and eat them with a little bread. Sicilian vegetables include Pachino tomatoes, sweet peppers, cucuzza logne (long, sweet, pale-green courgettes), violet cauliflowers and loads of aubergines.

'At Da Piero we always serve spaghetti alle vongole; it's a classic. Canni cunzata - vinegar-marinated chargrilled rump steak - has also been on the menu from day one. Our caponata is very Sicilian, too; it's a mix of fried vegetables with pine nuts, capers, basil, sugar and vinegar. We serve it as a starter or side dish. Our affogati, which means 'drowning', is broccoli stewed with nero d'Avola wine. Drowning in nero d'Avola - that's the best way to die, no?'

Starters from £5.50, pasta £8.90, mains from £14.90. Da Piero, 5 Mill Hill Road, Irby, Wirral (0151 648 7373; dapiero.co.uk)

ALSO TRY

■ MENNULA, London W1

Sicilian-born chef Santino Busciglio specialises in the classic dishes he grew up with, such as blood orange salad with mint, fennel and mullet bottarga, and sfinci, a kind of Sicilian doughnut, served with vanilla semifreddo and truffle honey. Starters from £9, pasta from £9.50, mains from £18 (020 7636 2833; mennula.com)

VENETO IN CHESTERFIELD

Andrea Sgaravatto is
co-owner of Chesterfield wine
shop and restaurant Non Solo Vino

'Veneto stretches from the Alps to the Adriatic Sea, so you'll find enormous variety in the region's food and wine. Up in the north, for instance, we mainly use lardo for cooking, but around Lake Garda, they use olive oil because there is a tiny cluster of small producers in that specific area.

'That said, Veneto is definitely known for eating rice rather than pasta; it was Venetian merchants who began importing it 700 years ago. Seafood and black-squid-ink risottos are the most famous Venetian risottos - the Laguna Veneta (the bay that surrounds Venice) is known for its clams, mussels and seafood. In the south, you'll find risotto alla pilota with a pork chop.

'Other typical Venetian dishes include sarde in soar (sardines marinated in onions and vinegar), pasta e fagioli (pasta and beans), and griddled red chicory from Treviso, dressed with cheese. Veneto is also Italy's biggest wine producer, from



amarone and valpolicella, to prosecco, which is produced north of Venice, around Conegliano and Valdobbiadene.

'There is always classic Venetian food on our menu, perhaps a risotto of butternut squash and mushrooms - squash from the plains, mushrooms from the hills and rice from Verona, or a Venetian fritto misto (seafood tempura).'

Starters from £5.95, mains from £11.95.

Non Solo Vino, 417 Chatsworth Road, Brampton, Chesterfield. (01246 276760; nonsolovino.co.uk)

ALSO TRY

POLPO, London W1

Russell Norman's tribute to the bacari of Venice - cheap back-street bars where locals socialise over drinks and tapas-style cicheti (small plates) - has won plaudits as a restaurant, but its new basement Campari bar (cicheti displayed on the bar counter, just point and order - also see *cheat sheet*, page 19) has just upped the authenticity another notch. Cicheti from £1, sharing plates £4-£8. (020 7734 4479; polpo.co.uk)



Piero di Bella of Da Pierro, Wirral

THE INSIDERS' GUIDE TO EATING AROUND ITALY – HOW TO ORDER LIKE A LOCAL

1 VALLE D'AOSTA

STAR PRODUCE Fontina d'Aosta cheese; mocetta (thinly sliced dried, cured beef); Alpine Génépi liqueur.

WHAT TO ORDER Fondue; carbonada (a meat stew); zuppa di Valpelline (a local Savoy cabbage soup thickened with stale rye bread).

2 TRENTINO ALTO ADIGE

STAR PRODUCE Speck (smoked mountain ham); white wines, particularly gewürztraminer (some argue this grape varietal originated in Tramin, in Northeast Italy); casolet (a soft raw-milk cheese from Val di Sole).

WHAT TO ORDER Brò brusà (burnt broth); beef/venison goulash; strudel made with Val di Non apples; Bolzano Christmas cake.

3 FRIULI-VENEZIA GIULIA

STAR PRODUCE Montasio cheese; San Daniele ham; musetto (pig's snout sausage); pignolo wine.

WHAT TO ORDER Frico con le patate (a fried cheese and potato cake); porcina (a pork and sausage stew); Triestan prune gnocchi; pinza (sweet dessert pizza)

4 LIGURIA

STAR PRODUCE Pesto; olive oil; Taggia olives; focaccia; Val Roja honey; sciacchetrà (dessert wine).

WHAT TO ORDER Pesto with trenette pasta; cima alla Genovese (stuffed veal breast); farinata (a chickpea flour pancake with savoury toppings); pansotti pasta filled with Swiss chard and ricotta, with walnut sauce; pandolce (candied fruit and nut bread).

5 EMILIA ROMAGNA

STAR PRODUCE Parma ham; mortadella (large pork and spice sausage; see *The New Italian Masters* on page 22); piadina (soft flat bread); Parmigiano-Reggiano (parmesan); balsamic vinegar from Modena.

WHAT TO ORDER Passatelli (noodle soup); tortellacci (giant filled tortellini); erbazzone (spinach pie); ragù alla Bolognese (traditionally served with tagliatelle); pisarei e fasò (gnocchini with borlotti beans).

6 TUSCANY

STAR PRODUCE Chianina beef; Tuscan pecorino; pane Toscano (hard, unsalted breads); cantucci (almond biscuits); vin santo (dessert wine).

WHAT TO ORDER Ribollita ('reboiled' soup); panzanella (bread salad); bistecca Fiorentina (oak-charcoal-cooked T-bone steak);

misto (with fried lamb cuts, local vegetables and stuffed olives).

9 ABRUZZO & MOLISE

STAR PRODUCE Fegatazzo (cured liver sausage from the Maiella mountains); Montepulciano D'Abruzzo wine; cacio marcello pecorino ('rotten' cheese made with ewe's milk); millefiori honey.

WHAT TO ORDER Fresh maccheroni alla chitarra (spaghetti cut on a frame of steel wires - like guitar strings, hence 'chitarra' - served with meaty sauces); arrosticini (mutton kebabs); scapece (fried fish preserved in vinegar); sanguinaccio (a sweet dessert spread, think Nutella, but made with chocolate and pig's blood).

10 PUGLIA

STAR PRODUCE Durum-wheat pastas; Altamura bread; burrata cheese; seafood (prawns, razor clams, mussels) eaten raw.

WHAT TO ORDER Orecchiette alla barese

(orecchiette with turnip greens); pancotto (stale-bread soup); tiella di riso, patate e cozze (an oven-baked dish of layered rice, mussels, potato and onions).

11 BASILICATA

STAR PRODUCE Robust red aglianico wines from Monte Vulture; diavolicchio chillies (used fresh, dried and as a ground pepper); lucanica (spicy sausage from Latronico); Amaro Lucano (a bitter herbal digestif).

WHAT TO ORDER Ciambotta (stewed vegetable mix); cazmarr (a lamb offal stew); burrino farcito (cheese with a centre of butter and salami); agnello alla pastora (a baked lamb, potato and tomato dish).

12 CALABRIA

STAR PRODUCE N'duja and soppressata salami (see *The New Italian Masters* on page 22); butirri cheese; peperoncino (hot chilli pepper); cirò wine; Tyrrhenian coast swordfish.

WHAT TO ORDER Pasta china (stuffed with provola cheese); morzello (spicy tripe served in pitta bread).

13 SARDINIA

STAR PRODUCE Mosciami (salted air-dried tuna); Sardinian pecorino; red Cannonau wine.

WHAT TO ORDER Carta di musica or pane carasau (crisp bread); malloreddus alla campidanese (tiny, teardrop-shaped saffron and semolina dough pasta with country sausage sauce); spaghetti con la bottarga (mullet roe); porceddu (roast suckling pig flavoured with myrtle leaves).



pappardelle al ragù di cinghiale (pappardelle with wild boar and chianti sauce); crostini di fegatini di pollo (chicken livers on toast). See *Eat Like a Local* on page 98.

7 UMBRIA

STAR PRODUCE Salami, sausages and prosciutto from Norcia; lenticchia di Castelluccio (revered Castelluccio lentils); tartufo nero (black truffle); fossa (aged sheep's milk cheese).

WHAT TO ORDER Tegamaccio (fresh-water-fish soup); struffoli (fried dough balls with honey); lenticchie con salsiccia (lentil and sausage stew); crescia (Easter cheese bread).

8 MARCHE

STAR PRODUCE Cicerchia beans; ambri di Talamello 'formaggio di fossa' (cheese aged in pits); wines from Ascoli Piceno

WHAT TO ORDER Brodetto Marchigiano, (extravagant, vinegar-laced fish soup); vincisgrassi (layered chicken, sweetbread and mushroom pasta dish); Ascoliti fritto



LOMBARDY IN MAYFAIR

Giorgio Locatelli is chef-owner of the one-Michelin-star Locanda Locatelli

‘Typically, Lombardy’s food is very diverse. For instance, there’s a big difference between food where I was born, up in the mountains – a little village, Corgeno, near Lake Maggiore – and southern Lombardy.

I grew up with roast rabbit wrapped in Parma ham served with soft polenta (now one of Locanda Locatelli’s signature dishes), and I never ate sea fish until I was 14. In Corgeno, it was all fresh-water trout and perch, which I still sometimes cook with wild sage and pasta. It’s important to remember that an Italian never says “I am from Italy”; they’ll always say: “I’m from Milan or Naples or Rome.” I remember my granddad saying to me, about friends of mine in Corgeno, “Don’t trust those guys too much.”,

because they put parsley in their minestrone. That’s the Italians.

‘Lombardy is not idyllic Italy; it’s an industrial region that gets up early each morning to go to work. Everybody’s busy and the food follows that. Milan has fantastic tramezzini – sandwiches that people eat on the go. While we think of the Americans as inventing the one-stop meal – the burger – the Milanese were doing that 500 years ago, serving risotto alla Milanese with Ossobuco. It’s a complete meal on one plate.

‘Lomellina, in southern Lombardy, is a historic centre of Italian rice cultivation. Locally, people eat risotto three or four times a week, rather than pasta. Lombardy risotto is thicker than the loose, soupy risotto alla Veneziana.

‘Cheese production is enormous in Lombardy, too: grana padano, taleggio

and gorgonzola; as are biscuits – including the incredible amaretti di Saronno. Mostarda di frutta from Cremona is another local speciality, and bresaola (air-dried salted beef), which originates in Valtellina, where they also make pizzoccheri (buckwheat pasta).’
Starters from £9.50, pasta from £13.50, mains from £27.50. Locanda Locatelli, 8 Seymour Street, London W1 (020 7935 9088; locandalocatelli.com)

ALSO TRY

DE SANTIS, London EC1

In Lombardy, the sandwich is a serious business. ‘Panino is an art form,’ says De Santis’ owner, Enzo Balzanelli. His stylish Clerkenwell café uses fine Italian ingredients and freshly baked breads to pay homage to Milan’s gourmet paninoteca. Panino from £5.50. (020 7689 5577; desantis-london.com)



pro vs punter

Professional critics know their stuff, but if recognised might get special treatment.* So how does their experience compare with the average diner's? Tom Parker Bowles and **olive** reader John Greenwood compare notes on Soho's upmarket Italian canteen Princi

THE RESTAURANT



PRINCI

Princi (pronounced 'prin-chee') opened in 2008 and is jointly owned by Alan Yau (best known for founding Wagamama, Hakkasan and Cha Cha Moon) and Rocco Princi. With more than 20 years' experience, Rocco is often referred to in Italy as the Armani of bread. He opened his first boutique bakery in Reggio Calabria, before moving to Milan. Today, there are four Princi bakeries in Milan.

Princi is open all day, with canteen-style service and the menu focusses on bakery, pastry and hot food. The emphasis is on high-quality products, and quick preparation and cooking, so you can have a speedy meal for breakfast, lunch or dinner.

■ Princi, 135 Wardour Street, London W1 (020 7478 8888; princi.co.uk). Smaller dishes £1.60-£4.20; mains £6.50-£9.50; desserts £3.60-£4.60.

- Pushy table turning? No.
- Tap water offered? Yes.
- Veg options? Good.

SCORES IN THE PAST SIX MONTHS

Restaurant	Food	Atmosphere	Service	Total
Fish Chips at 149	18	17	18	53/60
Dishoom	17	17	17	51/60
Barbecoa	18	17	16	51/60
Polpetto	16	15	16	47/60
Tinello	15.5	14	15	44.5/60
Tapas Revolution	14	11	15	40/60

THE PRO



Tom Parker Bowles is a TV presenter and food writer. His book, *Full English: A Journey Through the British and Their Food*, is on sale now (£12.99, Ebury Press; **olive** offer £10.99, with free p&p. Call 01872 562313).

*Tom was not recognised on this visit.

FIRST IMPRESSIONS

You can't miss Princi, with its gleaming plate-glass windows stuffed full with all manner of freshly baked bread. Then there's the scent of pizza and patisserie wafting out into Wardour Street. The space is large and elegant, expensive without being over-designed. On the left sits the food, from cakes and buns to salad and pasta. You grab a tray, point at what you want and pay at the end. So, in essence, it's a very upmarket cafeteria, with seating in the centre and right-side of the room. I arrived at noon, and the place was already heaving with Soho folk, talking pitches and prodding at iPads.

SERVICE

There's no service as such, save the person behind the counter moving your food from dish to plate, then placing it on your tray. That said, Benjamin (his name was helpfully printed on my receipt) was smiley and charming, and his serving skills seemed polished. But really, the service would have to be unspeakably rude – or clumsily incompetent – for you to even notice.

THE PUNTER



John Greenwood is a financial commentator from London. He eats out approximately six times a month and his favourite food is Italian. John's best restaurant experience was at the Waterside Inn at Bray, and his guilty pleasure is chocolate brownies.

Princi looks to be a glam, Milan-style metropolitan dining experience, but first off it's a bit confusing as to what you order where, and how you get your food. Seating is limited, and because it's very popular it was a scramble getting to the tables and benches that line one side of the restaurant. However, staff jumped to our rescue, so we only experienced a few minutes of confusion before we were greeted and taken through the process. The food is well presented in large glass cases down one side of the room.

Service is fast-paced but incredibly efficient and very friendly. It's a busy place, but staff were patient as we dithered over the huge array of foods in front of us. Our questions about the dishes were answered easily and enthusiastically, and we didn't have to wait at the counter or the bar. Our request for tap water was treated as entirely natural, and I actually didn't see anyone drinking any other type. The staff were chatty and really seemed to like working there. I couldn't fault it.



eat out restaurant reviews

THE FOOD

The food certainly looks good, more Ottolenghi than local caff. Those with a sweet tooth will be overwhelmed by the mass of cakes and sugary confections, but it's quite possible to dine ascetically. A lentil salad was spot on: fresh, perky and well seasoned, with just the right amount of bite. And meatballs were decent too – rich, succulent and made from a beast that knows a thing or two about flavour; the sauce had depth and a sharp kick of tomato tang. Lasagne was less exciting, with a rather dreary ragu and surfeit of pasta. It wasn't actually bad, just painfully average. I couldn't be bothered to finish it, despite being hungry. A trio of rustica – a turgid ham-and-cheese mix wrapped in cold, slightly greasy pastry – also failed to thrill and left a film of fat across the roof of my mouth, like the cheapest of sausage rolls. Blood orange juice was freshly squeezed and generously portioned.

Dishes on show were pizzas, salads and a hot-food section offering lasagne, meat dishes and a couple of vegetarian options. We ordered aubergine Parmigiana and roasted potatoes with a pepper stew. Both dishes were full of rich, deep flavours – the aubergine tender and sweet, the roast potatoes salty, crunchy and perfectly matched with the pepper stew. A mixed salad of smoky, roasted ricotta, pumpkin and rocket was delicious, as were the succulent marinated green and yellow courgettes. We also tried two slices of pizza (spinach, and ham and olive) – one of the main offerings from Princi. The flavours were there, but the doughy bases overwhelmed the toppings and were hard to get through. The main issue for me, however, was the fact that they were also cold. Even the 'hot' dishes were tepid at best. It wasn't helped by the powerful air-conditioning system that blew down on our table. The desserts made up for it, though. Passion fruit cheesecake was tart, mouth-watering and delicious. We abandoned a slab of lemon cake, which was so dry it was impossible to eat, and went back to choose a wonderfully rich chocolate and Amaretto cake.

THE VERDICT

If I worked in Soho, Princi would be an Italian-scented breath of fresh air; a much-needed escape from the sandwich-based drudgery of the average office lunch. It's slick, clean, comfortable and pretty well priced. My lentil salad was decent restaurant level, the meatballs respectable, but the rest merely average. Perhaps I'm being unfair. I tried only a fraction of what they had on offer (I was too early for the pizza) and the bread is highly rated. But there's far too much in the vicinity to tempt me away. I wish Princi well, but it hardly seared itself, indelibly, onto my taste buds.

For a quick bite with a buzzy atmosphere and good-quality food, Princi is fabulous. It offers generous portions, and bearing in mind you can buy food and a drink for just a few pounds more than the sandwich chains, it really is great value. My only complaint was the food temperature and the overzealous air-con. Princi beats all nearby fast-food joints hands down.

THE BILL

■ Tom's bill for one: £24.40

Rustici ham, £2.10, side salad, £4.20, meat lasagne, £6.50, portion of meatballs, £8 blood orange juice, £3.60,

Value for money? Yes.

Go again? If I worked in Soho, yes. But I don't.

FOOD	6/10
ATMOSPHERE	7/10
SERVICE	5/10

(there isn't really any service)

TOM'S TOTAL 18/30

■ John's bill for two: £60.00

Aubergine parmigiana, £7, roasted potatoes with pepper stew, £4, Princi side salad, £4.20, ham and olive pizza, £4.30, spinach pizza, £4.30, passion fruit cheesecake, £4.60, lemon cake, chocolate and Amaretto cake, £4.20, one bottle of Sassaiolo wine, £20, two espressos, £3.20

Value for money? Yes.

Go again? Definitely.

FOOD	7/10
ATMOSPHERE	9/10
SERVICE	10/10

JOHN'S TOTAL 26/30

TOTAL 44/60

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Portal serves modern Portuguese cuisine in smart surroundings, but that isn't to say that you won't find familiar flavours on the menu. Chef Victor Felisberto's menu includes starters such as broad beans and garlic emulsion with smoked duck magret, £7. For mains, there are dishes such as 'Favas ha Portuguesa' broad bean stew with pork belly, braised pork and chorizo, £17, bacalhau in several incarnations, and slabs of chargrilled Jack O'Shea steak starting at £29 for entrecôte. Puddings include this version of pasteis de nata (Portuguese custard tart) with a Baileys ice cream, £8. The bar has an apestiscos (tapas) menu and an interesting wine list. In summer, the courtyard is a pleasant escape from the city (88 St John Street, London EC1; portalrestaurant.co.uk)

Signature dish

Portal

Try this Portuguese classic at home

Pasteis de nata (Portuguese custard tart)

45 minutes + cooling ■ Makes 12

■ **TRICKY BUT WORTH IT**

golden caster sugar 250g
lemon 2 slices
cinnamon sticks 2
semi-skimmed milk 250ml
plain flour 30g
cornflour 20g
vanilla extract a few drops
eggs 3 yolks, plus 1 whole egg
puff pastry 375g
flour, icing sugar and ground cinnamon
for dusting and **butter** for the muffin tray



■ Tip the sugar, lemon and cinnamon into a pan with 125ml water and bring to a boil. Mix the flour, cornflour and vanilla with a small amount of milk until you have a smooth paste. Bring the rest of the milk to a boil, then pour it onto the flour mixture, whisking continuously. Pour back into a clean pan and bring to a simmer, whisking until the mixture thickens. Remove the cinnamon and lemon then stir both mixtures together and add the eggs, bring back to a simmer and whisk until smooth. Pour into a jug, cover the surface with clingfilm and allow to cool.

■ Heat the oven to 220C/fan 200C/gas 7 and put a baking sheet in the oven for bottom heat. Roll out the puff pastry on a clean work surface lightly dusted with flour and icing sugar. Cut the pastry in half and lay one sheet on top of the other. Roll the pastry sheets up like a Swiss roll and cut the roll into twelve slices about 1 cm - 2cm thick.

■ Lay each of the pastry slices flat on the work surface and roll them out into 10cm discs. Press a pastry disc into each of the wells of a buttered muffin tray. Divide the custard between the pastry cases.

■ Bake the tarts for 18-20 minutes on the preheated baking sheet, or until the custard has puffed up and is pale golden-brown, and the pastry is crisp and golden-brown. Allow to cool in the tin. Before serving dust with some cinnamon and icing sugar.

■ **PER SERVING** 278 kcals, protein 4.3g, carbs 37.3g, fat 13.5g, sat fat 6.2g, fibre 0.5g, salt 0.41g



olive readers will all be given a complimentary glass of 2008 Quinta do Cabriz Brut sparkling on arrival. Please quote **olive** when booking and on arrival at the restaurant.



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eat away

Recipes from around the world
and ideas for foodie holidays

Edited by ALISON BOWLES

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plus olive **TRAVEL SERVICE**
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olive 97

EAT LIKE A LOCAL

Tuscany

Enjoy the taste of regional Italy with this traditional Tuscan menu

Adapted from TUSCANY, published by PHAIDON PRESS Introduction MARIO MATASSA Photographs EDWARD PARK

Nowhere is the essence of Tuscany better expressed than in its cuisine. Long a facet of life in the region, Tuscany's cuisine elicits almost as much interest and praise as its artistic and cultural heritage. This is thanks to the legacy of two distinct traditions – those of the countryside and of the city. Peasant cooking was characterised by the resourcefulness of a culture that had learnt to make the most of what the land had to offer; from the city came the cuisine of the nobility, with all the trappings of wealth and grandeur that one would expect from cities as splendid as Florence, Siena and Pisa.

The traditions and culture of the countryside remain intact. Olives are still hand harvested, as they were 1,000 years ago, and pecorino is produced using the same techniques as those used by the Romans. Free of modern fads, the essentials of the Tuscan table remain the same. The starting point for any Tuscan meal is – as it always has been – the gastronomic holy trinity: wine, olive oil and bread. With chianti classico, Brunello di Montalcino and the 'super Tuscans', local wines are regarded as some of the world's best. From the strong, piquant oils of Chianti and Siena to the delicate oil of Lucca, each region's product has its own character. Bread is always made without salt because, as the Tuscans know all too well, it will be eaten alongside flavourful food, so less is more.

LOCAL KNOWLEDGE

■ Food festivals are common. Stalls serve dishes for a small fee, usually home cooked and relating to the festival in question. Tuscan festivals in June include a sweet-olive festival in Capannori, Lucca and a cherry festival in Lari, Pisa.

■ June is festival month in Pisa, so there will be plenty of special events. Look out also for Degustando Pisa, a food festival that will see restaurants run special menus. (degustandopisa.it).

Crostini rossi alla Chinatigiana (Chianti-style red crostini)

25 minutes ■ Serves 6 ■ EASY

There are seemingly countless recipes for Tuscan crostini, which – although fairly similar – vary according to the cook's taste. Some use pane casareccio – plain rustic bread – others prefer typical unsalted Tuscan bread baguettes. Some leave the bread plain, others toast it, fry it in oil or soak it in stock. With the latter, the rule is that if the bread is toasted, the stock must be hot, and vice versa. In both cases, the slice should be dampened only on the spreading side. Other variations concern the addition of aromatic herbs to the tomato mixture, but this is all a matter of taste.

wholemeal bread 2 slices
white wine vinegar 4 tbsp
large ripe tomatoes 2, peeled, deseeded and chopped
capers 1 tbsp, drained, rinsed and chopped
flat-leaf parsley 3 tbsp
thyme leaves 2 tbsp, chopped
garlic clove 1, chopped
olive oil
Tuscan bread 12 slices, toasted or pan-fried, or **polenta**, to serve

■ Tear the wholemeal bread into pieces and put into a bowl. Pour in the vinegar and soak for 5 minutes. Drain and squeeze out well. Transfer to a mortar or another bowl, add the tomatoes, capers, parsley, thyme, garlic, 3 tbsp of olive oil and season with salt and pepper. Pound with a pestle or the end of a rolling pin to form a coarse mixture. Spread on slices of toasted bread or pan-fried polenta.

MENU FOR SIX

- ✱ Chianti-style red crostini
- ✱ Pork loin with fennel
- ✱ Beans in a flask
- ✱ Zuccotto

Arista al finocchio (pork loin with fennel)

1 hour 20 minutes + resting

■ Serves 6 ■ EASY

The Greek word 'aristos' translates to excellence of any kind. In 1440, a group of envoys who took part in the Ecumenical Council in Florence described the excellent pork loin they had just eaten with this adjective. The Italian word 'arista', pork loin, is said to have derived from this incident.

loin of pork 1 kg piece, boned and rolled
pancetta or **lardo** (pork fat) 65g, chopped
garlic 1 clove, chopped
wild fennel 1 large sprig, chopped
olive oil
sautéed potatoes or **turnips**, or **boiled beans**, to serve

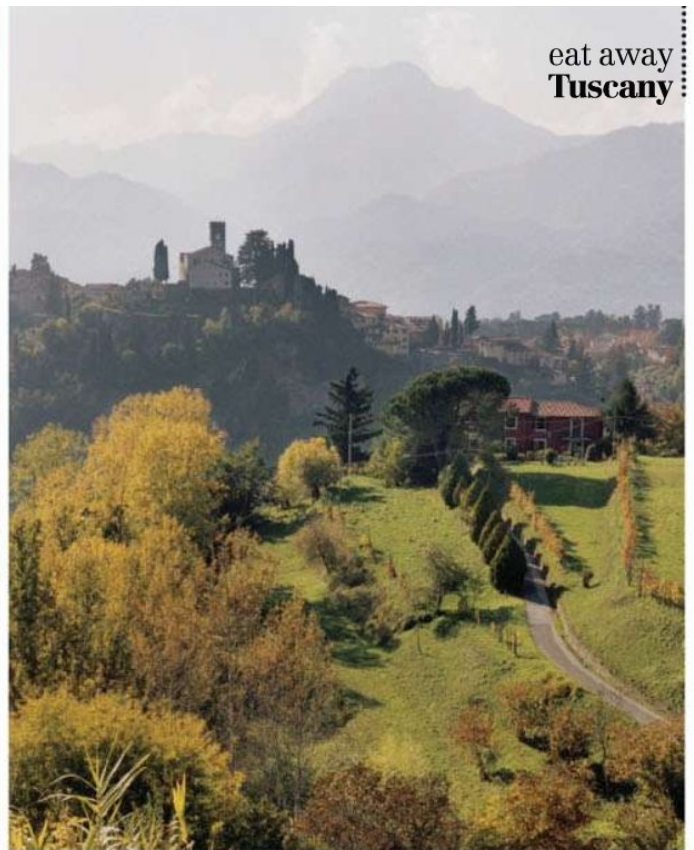
■ Heat the oven to 160C/fan 140C/gas 3. Using a sharp knife make small slits all over the pork.

■ Mix the pancetta or lardo with the garlic and fennel, then push the mixture into the slits. Heat 3-4 tbsp of olive oil in a roasting pan, add the pork and cook over medium-high heat, turning frequently, until evenly browned. Season with salt and pepper; transfer to the oven and roast for about 1 hour, until cooked through.

■ Check by piercing the meat; if the juices run clear, the pork is cooked. Alternatively, it's ready when a meat thermometer registers an internal temperature of 80C. Remove the pan from the oven and let the pork rest for 10 minutes. Slice and serve with sautéed potatoes or turnips, or boiled beans



Chianti-style red crostini



eat away
Tuscany



Pork loin with fennel



JUNE 2011

olive's guide to Florence and Siena

Restaurants loved by locals and great-value accommodation in two of Tuscany's most glorious cities

Words ALISON BOWLES, LAURA PULLMAN and JENNIFER STOKES

FLORENCE

Tuscany's capital is adored for its superb steak, bistecca Fiorentina, as well as its art and architecture

EAT

■ Family-run La Giostra is known for its bistecca Fiorentina as well as dishes such as taglierini con tartufi bianchi (white truffles), and gamberoni giganti cotti in forno al whisky (giant prawns cooked with whisky), main courses €16-€36. Expect a complementary antipasti platter. (ristorantelagiostra.com)

■ Pick up Tuscan specialities such as cantuccini biscuits, olives and olive oil at Mercato Centrale, then head to Trattoria ZaZa. Try the traditional Tuscan vegetable la ribollita soup, €8, followed by sweet chestnut torte, €4. (trattoriazaza.it)

■ Il Gelato Vivoli has some of the best ice cream in Florence, from the luxurious cioccolato-arancia (chocolate orange), to the more unusual riso (rice), from €2.50 for two scoops. (Via Isolla delle Stinche, 7/r, 50122 Florence)

SLEEP

■ Next to the Museo di Palazzo Davanzati, in the city's historical centre, is Hotel Davanzati, housed in a classic Florentine building. Doubles from €120. (hoteldavanzati.it)

■ Hotel David is out of the city centre but it makes up for this with a lovely terrace, great-value rooms, balconies and an excellent happy hour. Doubles from €150. (davidhotel.com)

SIENA

Smaller and less visited than Florence, Siena's medieval walls and cobbled streets make for atmospheric sightseeing

EAT

■ At out-of-the-way Osteria del Gatto expect specialities such as pici all' aglione (pasta in a garlic tomato sauce), €7, tegamata di maiale (pork casserole), €8, and tagliata al rosmarino (rosemary steak), €10. (osteriadelgatto.com)

■ Antica Osteria da Divo is carved out of the soft volcanic rock in the second ring of the city's walls. Order Senese pasta with wild boar sauce, €10, and rolled pork stuffed with pecorino and spinach with truffle sauce, €20. (osteriadadivo.it)

SLEEP

■ Centrally located Antica Residenza Cicogna is an impressive medieval building with beams and frescos. Doubles from €90. (anticaresidenzacicogna.it)

■ The sumptuous Grand Hotel Continental is in the Palazzo Gori Pannilini, built by Pope Alexander VII in the 17th century. Doubles from €350. (royaldemeure.com)

GETTING THERE

Pisa: easyJet (Luton from £78 return; easyjet.com), Ryanair (ryanair.com), British Airways (ba.com), Jet2 (jet2.com) and Thomson Flights (thomsonfly.com) **Florence:** CityJet (London City from £133.56 return; cityjet.com), British Airways and Air France (airfrance.com)

Fagioli nel fiasco (beans in a flask)

5 hours 15 minutes + soaking + standing

■ Serves 6 ■ A LITTLE EFFORT

Traditionally, beans were cooked in a flask placed in a wood-fired bread oven. The flask was put into the oven as soon as the fire had gone out but while it was still very hot, then left overnight. The following morning the beans would be perfectly cooked.

dried cannellini or zolfino beans 500g,
covered in water, soaked overnight,
then drained

olive oil 100ml, plus extra for drizzling

garlic 1-2 cloves

sage leaves 6

black peppercorns 4

■ Put the beans into a large heatproof bottle, flask (preferably with a wide opening) or casserole. Add the oil, garlic, sage, peppercorns, a pinch of salt and sufficient water to cover by 1 cm.

■ Fold a tea towel into several layers and put it into the bottom of a large pan. Put the flask on top and pour in water to surround it. Cook over a low heat for about 5 hours, adding more hot water to the pan as necessary. If using a casserole, put it on a low heat and make sure the lid has a tight fit. Do not add water to the flask of beans.

■ When the beans are cooked, turn off the heat, let them stand for 15 minutes, then transfer to a warmed serving dish. Drizzle with olive oil, and season to taste with salt and pepper. Serve immediately.

Zuccotto

❄ 30 minutes + freezing

■ Serves 6 ■ EASY

According to legend, zuccotto is the first semifreddo (an Italian frozen dessert) in the history of cooking and was originally made in an infantryman's studded helmet. In the Tuscan dialect 'zucca' means 'head'. It was originally prepared with ricotta, glacé fruit, almonds and dark chocolate.

pan di Spagna or Madeira cake 250-300g

amaretto 120ml

double cream 500ml

caster sugar 80g

unsweetened cocoa powder 50g

amaretti biscuits 4

■ Line a freezerproof circular mould with clingfilm. Half the cake horizontally (or slice if in a block). Divide 1 of the rounds into 8 wedges and use to line the bottom and sides of the mould. Mix the amaretto with a little water and sprinkle it over the cake slices.

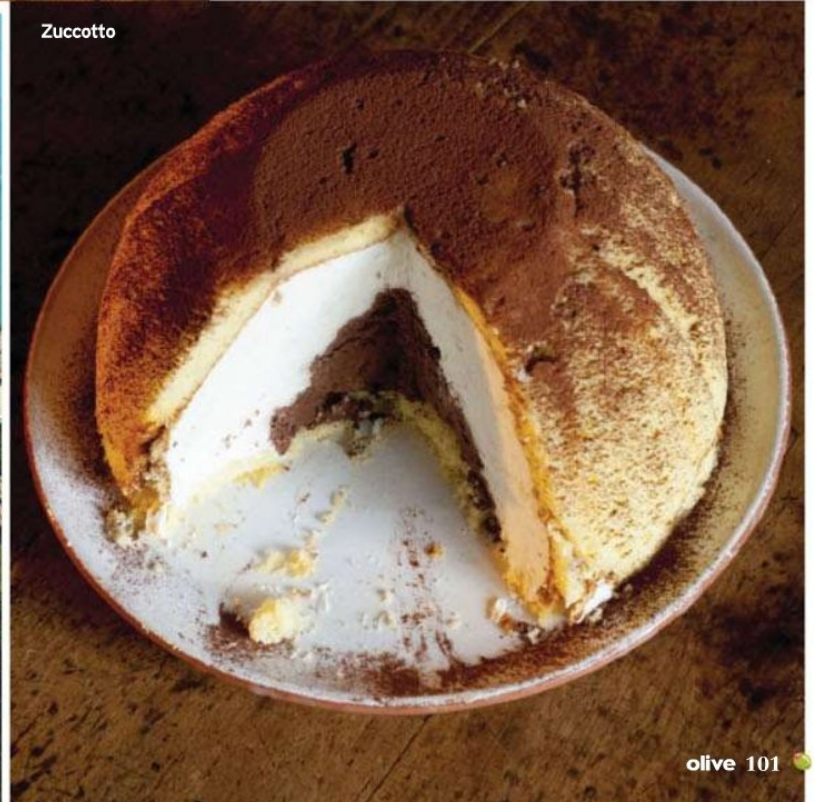
■ Whisk the cream in a bowl, gradually adding the sugar, until stiff peaks form. Spoon one-third of the cream into another bowl and fold in half the cocoa powder. Crumble the amaretti biscuits into the remaining cream and spoon into the mould, gently spreading it over the sides but leaving a small hollow in the centre. Spoon the cocoa cream into the hollow and smooth the surface. Put the remaining cake round on top, cover and freeze for at least 6 hours.

■ To serve, turn out the zuccotto onto a dish and remove and discard the clingfilm. Put the remaining cocoa powder into a small sieve and sprinkle it over.



Recipes from the
Silver Spoon Kitchen
published in *Tuscany*.
Words and images are
adapted from *Tuscany*,
introduction by Mario
Matassa, photographs
by Edward Park

(Phaidon Press, £24.99; olive offer
£22.95, with free P&P. For olive book
offers, call 01872 562313).





Postcard from Southeast Sicily

Marina finds Baroque architecture, wines grown on the slopes of Mount Etna, endless pastries and superb pastas

Words MARINA O'LOUGHLIN Photographs DAVID THOMAS

Here's a first: I don't really want to write this column. I want to keep this extraordinary part of the world, nominally in Italy (although locals still refer to Italy as 'the mainland') to myself. So far, it's not even that firmly on the tourist map, which, when you feast your eyes on the place, is little short of astonishing.

I'm not here to wax starry-eyed about the area's breathtaking Baroque architecture or rich, multicultural heritage (and believe me, I could). Town after town, Ragusa Ibla, Siracusa, Noto, Modica, offers World Heritage-protected loveliness, so much so that you fear an imminent bout of Paradise Syndrome.

Outside the cities, the island rolls out like something from a Spaghetti Western, dotted with little agriturismo: farms producing their own ricotta, or the region's favourite caciocavallo cheese, or who host delicious dinners in their dusty courtyards. We drive past locals picking snails and foraging for bitter greens along the roadsides. And Sicilian cooking is as unique as our surroundings, especially in this corner: sweet, rich tomatoes from Pachino; milky almonds from Noto; long, fat pistachios that make my new favourite pasta sauce, salsa di pistacchi; vibrant clashes of sweet and sour; incredibly sweet pastries including the famous cannoli; lemons like no lemon you've ever tasted before; oddnesses like the grape mustard jelly mostarda or quince paste cotognata or salty lemonade. I feel like my

tastebuds have been newly-minted.

We kick off in the main city, Siracusa, where our 'b&b' room in **La Via Della Giudecca** (laviadellagiudecca.it) is more like an apartment in the most beautiful boutique hotel, right in the heart of the atmospheric old Jewish district. In Ortigia – Siracusa's old town – winding Medieval streets lead to treats like **Castello Fiorentino** (6, V. Crocifisso, 00 39 0931 21097), the world's loudest, maddest and most excellent pizzeria, or tiny, bare-bricked **Apollonion** (apollonion.it). Here, there's no menu and an entire staff of three manages to produce a succession of extraordinary dishes – swordfish involtini stuffed with mollica (Sicilians' favourite breadcrumbs), raisins, pinenuts and teeny explosions of fragrant lemon peel; crisp fritters of neonati (splinter-sized baby fish); sensational chewy pasta with clams and the local teeny red prawns. The kitchen loves sensationally fresh carpaccios and marinated raw fish. It's also my first tentative steps towards what becomes a full-blown love affair with the wines of Etna.

Siracusa's sprawling, open-air market is mind-blowing: banks of silvery fish, locally grown vegetables and fruit, curios like tenerumi – stems and leaves of an indigenous gourd, like Jack's beanstalk; and prickly pears, choc full of seeds and endearingly known as 'bastardi'. In its midst, **Fratelli Burgio** (saporiburgio.com) is the kind of shop that makes our grocery stores look positively tragic. Nearby is **L'Ancora** (ristoranteancora.com), where

fictitious local hero, detective Montalbano, loves their wonderful fish dishes – we love the Arab-influenced fish couscous – in an environment that defies the ministrations of the interior designer. The heavens open and rain falls like Niagara. The concerned owners offer to drive us back to our b&b. Bite that, UK restaurateurs.

But then there are the streets of Ragusa Ibla, a mad wedding cake of impenetrable, ancient alleyways. Piazza Duomo (the cathedral square) is home to **Gelati di Vini** (gelatidivini.it), a combined enoteca and ice-cream parlour that dishes up pistachio ice cream of staggering lushness; you know the good stuff because it's greyish, not bright green. The Sicilian specialty, ice cream served in a briosca (brioche sandwich) is terrifyingly delicious. Behind the cathedral is chef Ciccio Sultano's Michelin-starred **Duomo** (ristoranteduomo.it) restaurant. I'm not even going to try to do justice to the extraordinary food that emanates from his tiny kitchen in this jewel box of a restaurant, but he plays on the local tradition like a maverick jazzman. Ingredients and influences are deeply, traditionally Sicilian, techniques and realisation wickedly contemporary.

From the sublime to the unassuming at little trattoria **La Bettola** (trattorialabettola.it). The filetto di puledro is a new one on me, but its rich, ferrous, dark red meat is tantalisingly familiar. Oh, crikey – it's horse. Why couldn't they call it cavallo and then I'd know where I was? But it's



Marina O'Loughlin, London newspaper Metro's restaurant critic, has remained incognito for 11 years. She regularly travels the UK and abroad in search of culinary adventure. Marina's accommodation in Sicily was provided by thesicilianvilla.com



also my introduction to the pasta al pistacchio: a thing of wondrousness.

We decamp to the country, to lovely villa **La Paolina** (thesicilianvillacompany.com) near the remote Castello di Donnafugata. It's the perfect base for trips out to Noto, its honey-coloured Baroque streets fragrant with the smell of sugar and almonds, home to the justifiably famous **Caffè Sicilia** (125 Corso Vittorio Emanuele, 00 39 0931 83501) with its bewildering array of romantically titled cakes scented with basil or bergamot, saffron or jasmine; and exquisite ices, made from black olives, perhaps, or almond milk granita.

Then Modica, where we wander about open-mouthed at the beauty and our new chum, cookery school doyenne Katia Amore (lovesicily.com), tells us about the ancient tradition of the town's unique, dark, granular chocolate. She introduces us to **Bonajuto** (bonajuto.it); the almost hidden store offers the finest Modican chocolate: curiously granular, fat-free, made to the original Aztec recipe and flavoured with vanilla, cinnamon or chilli – astonishingly pure and powerful. We try the town's unique 'mpanatigghi', little pastries containing a mix of chocolate, nuts, spices, sugar and finest controfiletto. Which is, of course, sirloin steak.

Bonajuto may be deservedly famous, but even unassuming joints like the **Caffè dell'Arte** (caffedellarte.it) offer treasures. So taken with our enthusiasm are the owners, mother, father and son, that chocolate work of art after chocolate work of art is paraded in front of us: my favourite are the nuts and screws that actually work. Cakes, too, are unmissable: cannoli filled with sweet ricotta 'al espresso' i.e. at the last moment so the super-friable pastry tubes don't have time to get soggy; or 'pesche' – two doughnuts sandwiched together to become the eponymous peach. To childish me, they look more like bums. Then we're offered a chocolate salami...

Stop me if I'm gabbling: there's just so much of it and it's all heaven. I could go on and on. It's a long time since anywhere so comparatively accessible has impressed me quite so much – I'm like a Bieber-struck teenager. And I haven't told you about the island's famous pasta alla Norma: smoky grilled aubergine and concentrated, fruity tomato. Nor the trip to Michelin-starred **La Madia** (ristorantelamedia.it) through the weird, industrial ugliness of Gela. Or other local specialties like marzipan frutta martorana, or ossi dei morti (bones of the dead) or giuggiolena, a kind of sesame torrone. Or, **Majore**, the pig restaurant in Chiaramonte Gulfi that could have come straight from the pages of *The Godfather*. But at least I've managed to tell you about the place itself. Which was a struggle, believe me.

Salsa di pistacchi

20 minutes ■ Serves 4 ■ EASY


pistachios 100g, unsalted
ricotta 80g
parmesan 75g, grated
smoked speck 25g
spring onions white part of 4, chopped
extra-virgin olive oil 100ml
butter for frying
short pasta such as penne, rigatoni, maccheroni or fusilli

■ Parboil two thirds of the pistachios, discarding any papery skin. Lightly toast and finely crush the remainder. Cook the spring onions with the speck in a little butter till soft but not coloured. Blitz the parboiled nuts with the spring onions, speck and a little of the oil in a food processor, then stir the resulting paste, crushed nuts, parmesan and remainder of the extra-virgin olive into the ricotta.

■ Cook the pasta and drain, leaving a little of the cooking water in the saucepan. Stir in the pistachio sauce and serve with more grated parmesan.

■ PER SERVING 855 kcal, protein 27.5g, carbs 80.7g, fat 49.2g, sat fat 11.9g, fibre 3.2g, salt 1.09g

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prize draw



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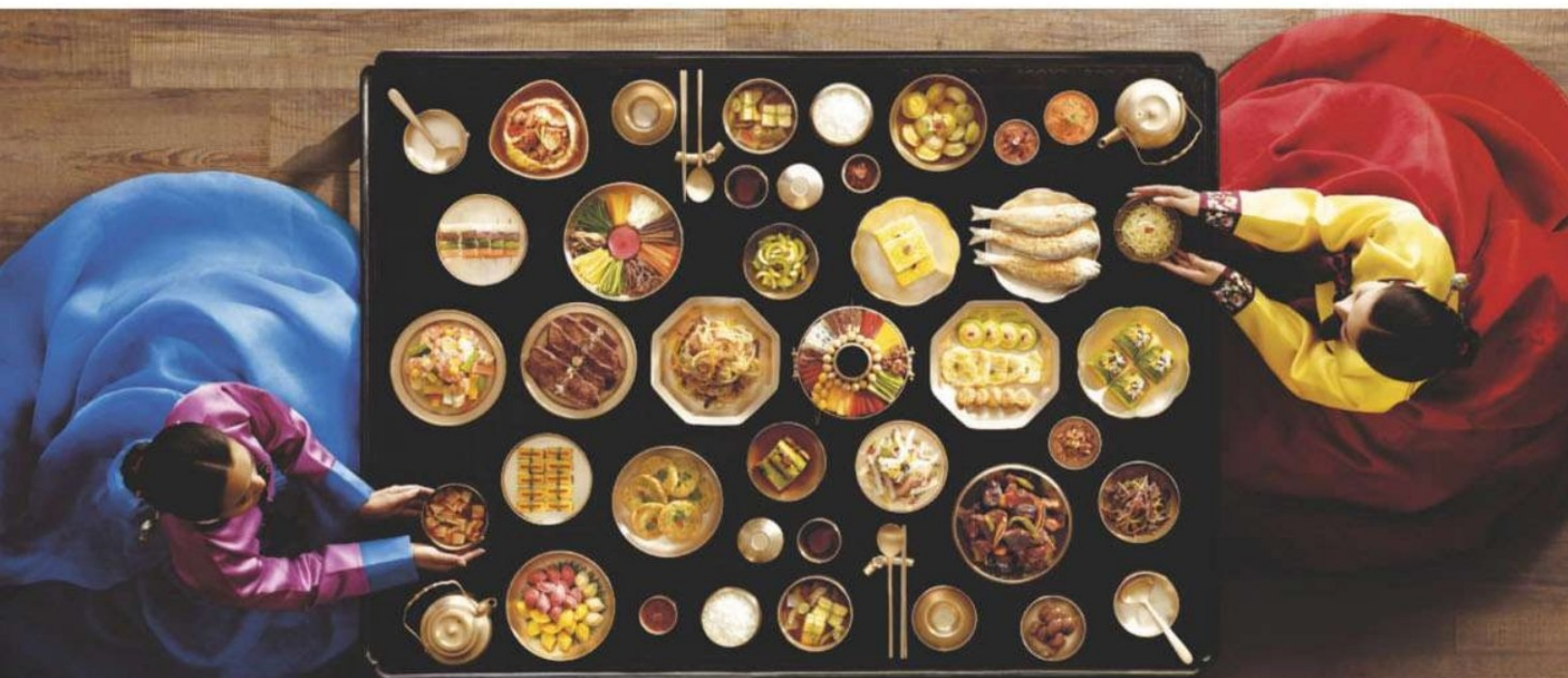
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BUDGET and BLOWOUT guide to
Nîmes

This culinary melting pot brims with olives, goat's cheese and AOC wine. Words PAUL SULLIVAN



The cuisine is a mirror of Nîmes' position at the crossroads of Provence and the Pyrenees, taking Southern French food and dusting it with a Spanish zing. If you're not a fan of bullfighting, you may want to avoid June's Corrida (8-13 June).

TRUST olive Based in Nice, Kathryn Tomasetti criss-crosses Provence on her scooter writing for *The Independent* and *Time Out*. Kathryn ate her way around Nîmes researching her latest book, *Footprint's South of France with Kids*.

BUDGET

BLOWOUT

LUNCH



* Rococo-style **Pâtisserie Courtois** has been an institution in the Old Town's place du Marché since 1892. Snag a table on the terrace to sample Courtois' tarte Nîmoise, crisp pastry garnished with potatoes, creamy cod and sweet onions, €12.50. (00 334 6667 2009)

* Off the beaten track but a firm local-favourite, snug **Le P'tit Bec** (pictured) dishes up delights to a handful of regular diners. Sample John Dory doused in tarragon buerre blanc, €16, and save room for a platter of goat's cheese and chestnut honey, €3. Décor is charmingly dated. (restaurant-lepetitbec.fr)



* **Le Lisita** by the imposing Arènes Roman amphitheatre has seasonal menus, €25-98, featuring celery rémoulade spiked with summer truffles, or chef Olivier Douet's thyme-infused brandade - salt cod poached in milk. (lelisita.com)

DINNER



* Outrageous 1950s décor sprawls over the bar, central courtyard and labyrinthine rooms at **La Casa Blanca**. Plump for generous tapas, four for €20, Provençal, such as garlic-drenched supions (tiny local cuttlefish) and Andalucian, like paper-thin slices of jamón ibérico de bellota. Local wines by the litre, €6. (00 334 66 21 76 33)

* One bite of **Au Flan Coco**'s pat' à Coco potato cake - layered with Cévennes goat's cheese, €13, or homemade foie gras and duck confit, €16, - and you'll be smitten. Expect rustic chic and quality wines, from €16 per bottle, €9 per carafe. (auflancoco.com)



* Super-chef Michel Kayser shimmers at double Michelin-starred **Restaurant Alexandre**, just outside of Nîmes. Set menus, €64-89, are splashed with delicacies like taureau de manade (cuts of Camargue bull) and traditional octopus pie, €44. (michelkayser.com)

DRINK



* Like previous patrons Salvador Dali and Ernest Hemingway, join locals for an anise-flavoured pastis, €3.50, at **La Grande Bourse**. The bar's capacious terrace looks over the Arènes; inside, there's more than a hint of Parisian mystique, with low lighting, red velvet banquettes and vaulted ceilings. (la-grande-bourse.com)

* Drop into **Bistrot Le Pian** to sample top vintages by the glass, €3-€8, served alongside charcuterie, cheeses and other tapas, €3-18. The on-site shop stocks local AOCs including Côtes du Rhône and wines from their own Domaine Le Pian. (bistrot-le-pian.jimdo.com)



* Perched atop Norman Foster's Carré d'Art (Nîmes' contemporary arts centre), **Le Ciel de Nîmes** affords stunning city views. On Friday and Saturday evenings, Ciel de Nuit features fruity cocktails, from €3.50. (lecieldenimes.fr)

HOTEL



* A rambling, renovated mas (farmhouse), family-run **Le Pré Galoffre** (pictured) floats in a sea of vineyards, far removed from Nîmes' downtown bustle. Bedrooms have exposed stone walls with their own outdoor suntrap, doubles from €90. Breakfasts, €10, and three-course dinners, €25, are served by the pool. (lepregaloffre.com)

* Quirky Provençal murals and unpretentious service make **Hotel Majestic** a good spot to stay. Each bedroom is unique. Doubles from €55. Breakfast, €7, includes croissants, baskets of baguettes and café crème. (hotel-majestic-nîmes.com)



* Canal-side in an elegant neighbourhood, bedrooms at the **Hotel Imperator** (pictured) buzz with charm. Dine in the garden restaurant **L'Enclos de la Fontaine**, or enjoy an aperitif in the piano bar. Doubles from €185. (nîmes.concorde-hotels.com)

MUST DO



* **Les Halles** (pictured) Nîmes' covered food market off boulevard Gambetta, has been a landmark to stock up on regional staples for over a century. Its 80 stalls include cheesemakers, organic producers and traiteurs. Look out for oblong Picholine olives, fragrant Gariguet strawberries and Fleur de Sel de Camargue. (nîmes.fr)

* Pop into **À la Fourchette des Arènes** to pick up a picnic: its petit pâté Nîmois (pâte in crispy pastry), €1.50, and lavender honey roasted lamb, €8.50, are unmissable. Eat by the canals in **Jardins de la Fontaine**, a medley of ruins and gardens. (fourchette-des-arenes.com)



* Between Nîmes and the Cévennes hills, the **Château de la Tuilerie** vineyards have been tended by the Comte family for generations. Taste, then stock up on one of its dozen AOC Costières de Nîmes wines, from €7 per bottle. (chateauuilerie.com)

INSIDER'S GUIDE TO Somerset LEVELS

Eels, salt marsh lamb and strawberries - Orlando Murrin shares the food highlights of his new Southwest home

Words ORLANDO MURRIN

'Most of us only glimpse the Somerset Levels through a car window as we hurtle along the M5 or A303 on the way to Devon and Cornwall. Yet these coastal wetlands - sparsely populated except for a vast variety of bird and plant species - have a long and fascinating tradition of artisan food production.'

EAT

■ Lunch in **Brown and Forrest's** charmingly simple restaurant - the company was established nearly 30 years ago to smoke the eels which abound in the rivers, canals and waterways of the Somerset Levels. Order smoked eel on rye, £4.95, followed by oak-roast pork and cider sausages, £9.75. To re-create your meal at home, head to the shop to choose from the more than 40 smoked delicacies on offer. (smokedeel.co.uk)

■ **The Trading Post** is a quirky farm shop and café in an ex-filling station off the A303 at South Petherton. Step aboard its Railway Carriage Café for a wedge of butternut squash, beetroot and feta tart and salads, £7, then ruminate among 33 types of salad leaf and heirloom potatoes (including black and blue) in the on-site shop. (tradingpostorganics.co.uk)

■ **The Willow Tree** in Taunton is so small - and so popular - that you need to book well ahead. But it's worth it for the unfussy, modern cuisine of Darren

Sherlock, a former head chef with the Roux brothers. Set dinner from £27.95, which could include a main of seared Quantock venison, and a dessert of muscovado sugar crème brûlée. (thewillowtreerestaurant.com)

EAT & SLEEP

■ Book ahead for great value bedrooms with antique beds and bare Hamstone walls at **The Lord Poulett Arms** in the pretty village of Hinton St George. For dinner, try West Bay catch of the day, market price, or a well hung, rare-breed steak fillet £24. Doubles from £85. (lordpoulettarms.com)

■ **The Devonshire Arms** at Long Sutton is a restaurant with nine bedrooms, offering a calm, contemporary feel and sumptuous cooking based on local ingredients: scallops from Bridport with local black pudding, £7.95, rose veal burger with Keen's cheddar, £9.95. Doubles from £160, including dinner; room and breakfast from £95. (thedevonshirearms.com)

■ We opened **Langford Fivehead** this spring; a 15th-century Grade-II* listed manor house with seven bedrooms, a detached cottage and gardens. The set dinner menu, £50, might include potted shrimps, braised salt marsh lamb (supplied by the remarkable thoroughlywildmeat.co.uk), mulberry



**TRUST
olive**

Orlando Murrin was editor of BBC Good Food until 2004, when he set off to Southwest France with his partner to pursue their dream of setting up a gastronomic b&b. They sold their highly successful business in 2009, then viewed 183 houses in five countries before finding Langford Fivehead, their new boutique B&B in the heart of the Levels.

tart with clotted cream ice cream and a Montgomery cheddar - all eaten round a huge oak dining table. Doubles from £175. (langfordfivehead.co)

DRINK

■ **The Rose and Crown** (known as Eli's) at Huish Episcopi is a legendary pub that's been in the same family for at least 150 years. There's no bar, and until two years ago there wasn't a till. Among the various beers and ciders on tap, the landlord recommends Teignworthy Reel Ale (no, that's not a spelling mistake), £2.70 a pint.

■ If you find the ambience at Eli's too rustic, four minutes further up the road towards Somerton is the bustling **Halfway House**. Try the Hecks cider. (thehalfwayhouse.co.uk)

SHOP

■ A mile off the B3153 between Langport and Somerton - follow the signs or you'll never find it - is Lizzie and Rob Walrond's award-winning **Pitney Farm Shop**. A delightful little emporium offering all the best Levels produce, including Cracknell's Ross chickens and Glebe Farm's own super-meaty, rusk-free sausages. Make up your own veg box in the Veg Shack at the back. Closed Wednesdays and Sundays. (pitneyfarmshop.co.uk)

■ A summer highlight is the **Levels' Best Market Place** at Montacute House. Shop from local producers - highly recommended are the 'Daisy' strawberries grown from Besley's Fruits stall, then enjoy the final spears of the season in Treat Yourself's asparagus tartlet taster. June's Market Place is on the 25th and they run every month until November. (levelsbest.co.uk) The best of the farmers' markets is in Taunton on Thursdays - while you're there, don't miss the Country Market shop nearby in Bath Place.

DO

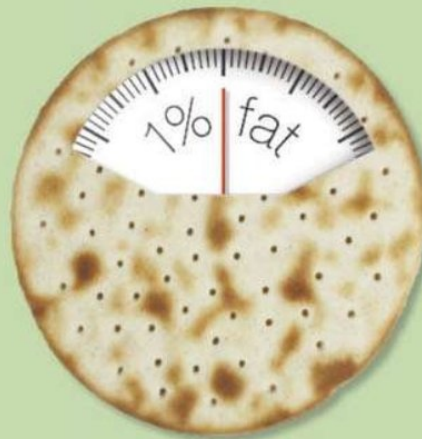
Julian Temperley has been making cider brandy at Burrow Hill since 1989. No visit to his evocative **Somerset Distillery** would be complete without a free tasting of Pomona (a secret blend of apple juice and cider brandy - perfect pairing for cheese, 50cl/£9) and Shipwreck - matured in barrels salvaged from the container ship that ran aground at Branscombe in 2007, 50cl/£29 (ciderbrandy.co.uk).



River Tone and Burrow
Mump, Somerset



it's simple...



- | | | | |
|--------------|---|--------------------------|---|
| Low fat | ✓ | Suitable for vegetarians | ✓ |
| Dairy free | ✓ | Source of fibre | ✓ |
| Lactose free | ✓ | Low in sugar | ✓ |
| Nut free | ✓ | Low in saturates | ✓ |

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LOW IN FAT, LOW IN SALT

Overnight expert

Smart ways to boost your food and wine knowledge and improve your culinary skills

Compiled by CHARLOTTE MORGAN and LULU GRIMES Photograph GARETH MORGANS

COOK LIKE A PRO

CHEF'S INGREDIENTS VINCOTTO

Made, as the name implies, by cooking and then ageing grape juice, this thick condiment gives a sweet-sour flavour to dishes. You can use it much as you would good quality balsamic vinegar, in dressing for salads or roasted vegetables, drizzled over barbecued fish, to add richness to casseroles or to add a sweet-savoury note to puddings such as vanilla ice cream, fresh peaches or strawberries. It's sweetness, though, means you'll need to add a splash of vinegar as well. Nigel Slater declared it his storecupboard ingredient of the year in January, and New York chef Mario Batali uses it to glaze chicken in a bumped up version of coq au vin. It's traditionally produced in Abruzzo and Le Marche (usually from negroamaro or malvasia grapes) but this brand, called vino cotto, comes from well known Australian cook Maggie Beer's range. £11.95 mistergees.co.uk

■ **ROASTED LAMB WITH RED PEPPERS AND VINO COTTO** Lay 3 halved and seeded **red peppers** in a shallow roasting tin and brush with oil, cook for 15 minutes at 200C/fan 180C/gas 6. Pull out the stalks and slice then tip back into the tin, stir through 2 sliced **garlic** cloves and a handful of **green olives** and sit 8 **lamb chops** brushed with oil on top. Season well and spoon over 4 tbsp **vino cotto** and 1 tbsp **wine vinegar** and put back in the oven for 15 minutes, turning the oven up to 220C/fan 200C/gas 7. Scatter over 2 tbsp drained **capers** and 2 tbsp chopped **parsley** along with a drizzle of **olive oil**.



IN THIS ISSUE *Can't fail risotto **PAGE 113** * Tony Conigliaro's Tom Collins **PAGE 114**
* Pasta shapes **PAGE 114** * Ask **olive** **PAGE 116** * Chef's skills: homemade pasta **PAGE 118**
* Top producer - San Patrignano **PAGE 121** * Joanna Blythman on Slow Food **PAGE 123**

COVER RECIPE

CUPBOARD LOVE PIZZA BASE MIX

SAVE MONEY ON TAKEAWAYS AND TRY FIVE NEW PIZZAS
(OUR COVER RECIPE WORKS OUT AT £2.38 A HEAD!)

Make up 2 x 145g pizza base mix or 259g ciabatta bread mix for each recipe and follow the packet instructions. Heat the oven to 220C/fan 200C/gas 7.

■ **ARTICHOKE AND PROSCIUTTO PIZZA** Sizzle 2 sliced **garlic** cloves in **olive oil** for a couple of minutes. Add 1 tin drained **chopped tomatoes**. Simmer until thickened (about 10 minutes). Stir in a few **basil leaves**. Roll the dough into one large or two smaller long shapes. Spread over a thin layer of the sauce then top with 1 ball sliced **mozzarella**, 4 halved **prosciutto** slices and 100g sliced **artichoke hearts**. Bake for 20 minutes until crisp and bubbling. Finish with a few more torn **basil leaves** and a drizzle of olive oil.

■ **MOZZARELLA, ANCHOVY, CAPER AND GREEN OLIVE PIZZA** Roll the dough into one large or two smaller long shapes. Spread over a thin layer of **tomato sauce** (bought or follow the recipe above) and then top with 2 balls of shredded **mozzarella**. Scatter on 6 halved **anchovies**, some torn **green olives** and a hefty amount of **capers** and bake for 15-20 minutes or until crisp and bubbling. Add some **rocket leaves**. Drizzle over some **balsamic vinegar**.

■ **CHORIZO, RED PEPPER AND PAPRIKA PIZZA** Roll the dough into one large or two smaller long shapes. Sizzle 2 sliced **garlic** cloves in **olive oil** for a couple of minutes then add a pinch of **smoked paprika**. Spoon over the pizza bases. Add **chorizo** slices, some **roasted red pepper** slices and a handful of halved **cherry tomatoes**. Bake for 15-20 minutes, until crisp and bubbling. Then dot with some blobs of **crème fraîche** and some sprinkle on freshly chopped **parsley**.

■ **PESTO, COURGETTE AND PINE NUT PIZZA** Roll the dough into one large or two smaller long shapes. Brush each base with **pesto**, sprinkle over **pine nuts** and heap on **courgette** ribbons tossed in **olive oil**. Bake for 15-20 minutes or until crisp and the courgette has wilted. Drizzle on some more pesto and top with lots of **parmesan** shavings.

■ **MASCARPONE, DOLCELATTE AND WALNUT PIZZA** Roll the dough into one large or two smaller long shapes. Spread two tbsps **mascarpone** on each. Scatter on 2 sliced **shallots**, lumps of **dolcelatte** and roughly crushed **walnuts**. Bake for 15-20 minutes, until crisp, bubbling. Add **rocket** dressed in **walnut** or **olive oil** and **balsamic vinegar**.



SHARPEN UP AFTERNOON TEA

LEARN HOW TO MOVE FROM A CUP OF BUILDER'S AND A ROCK BUN TO AN ALTOGETHER MORE REFINED AFFAIR WITH THESE AFTERNOON TEA MASTERCLASSES

Claridge's, London (claridges.co.uk, £157.50 p/p). Claridge's head pastry chef Nick Patterson has spent over 20 years learning his craft. Class begins, of course, with a very good cup of tea (there are 30 blends to choose from), then it's into the heart of the Claridge's kitchens for the masterclass. You'll learn how to create stunning rose-scented macarons (complete with clear jam dew drops), vanilla mille-feuille and teeny tiny apple scones, as well as the secrets behind the perfect crème patisserie. The day ends with lessons in the art of tea-making - always use fresh water and leave black tea to infuse for at least 2 minutes - and a full-blown afternoon tea in the sparkling dining room upstairs.

Giuliana's Kitchen, St John's Wood (afternoontealessons.com, £65). Author of *Afternoon Tea at Home Made Simple*, Giuliana Orme is quite the expert when it comes to triangular sandwiches. Class begins with a tour of her Victorian house, then it's straight on to scone, shortbread and sponge baking. There's also a doggy bag to take home.

Lindy's Cakes, Buckinghamshire (lindyscakes.co.uk, £120). Lindy Smith hosts a huge range of masterclasses in everything from fashion cookies to her famous 'wonky-style' cakes - perfect if you want to throw a relaxed afternoon tea for friends.

WHAT SOMMELIERS DRINK AT HOME 2010 VILLA MARIA RIESLING

This slightly off-dry kiwi riesling, very zesty and crisp with passionfruit and grapefruit flavours, is fantastic with grilled tiger prawns with a citrus and tropical fruit dressing. Sainsbury's, £9.50.

Ronan Sayburn MS, Director of Wine and Spirits, Hotel du Vin (hotelduvin.com)



JUNE 2011



MASTERCLASS

olive's food director Lulu Grimes shares her cooking secrets



The art of risotto making can be almost mystical if you believe some cooks, and granted, there are more gluey lumps of rice served up in the name of risotto than

should ever be allowed. However, if you buy good quality rice, treat it nicely and don't overcook it, you should turn out a perfect example of the dish. How sloppy your rice ends up is a matter of taste - Venetians like theirs all'onda (like a wave), others like it a bit

firmer - your call. Do, however, make sure your ingredients will give you a good flavour - a base of onion or shallot, a well flavoured stock and a good lump of cold butter (or it may split) to beat in at the end in a process called mantecare, which emulsifies the liquid around the rice, will all help. What flavourings you add are up to you. Carnaroli is the variety of rice you are least likely to stuff up, it will take a minute or two of over cooking and is graded as superfine, the very highest quality. If you choose a different variety, then remember that each has its own cooking time so adjust as you need to.

THREE VARIATIONS USING THE SAME BASE

- ✱ After beating in the butter, add soft chunks of butternut squash, a swirl of mascarpone and top with crisp fried sage leaves.
- ✱ Add a pinch of saffron to the stock before you start. Stir in a splash of double cream and top with fat, peeled prawns fried in garlic and parsley.
- ✱ Stir grated courgette through the just-finished risotto and then top with shards of grilled prosciutto and chopped chives. 🍴

Pesto, pea and bean risotto

25 minutes ■ Serves 4 ■ EASY

butter

olive oil

onion 1 peeled and finely chopped (not a red one)

peas, broad beans and green beans 200g in total, cut into short lengths

vegetable stock 800ml, at simmering point

carnaroli risotto rice 300g

white wine 100ml

pesto 2-3 tbsp

basil leaves a handful

parmesan grated to serve

■ Melt a knob of butter with a dash of olive oil in a wide, shallow pan and add the onion. Cook until softened, but don't brown.

Meanwhile, blanch the veg in the stock for 3-4 minutes and remove, put in a bowl and add a small knob of butter. Tip the rice in with the onion and stir for a minute until it starts to look translucent. Add the wine and stir until it evaporates. Pour in stock to just cover the rice and gently simmer, stirring now and again. As the stock evaporates and the rice swells, add more stock and stir intermittently until all the stock is used; this will take about 15-17 minutes, or until the rice is just tender.

■ Once the rice is cooked but still retains a hint of bite, beat in a knob of butter until the risotto is creamy then stir in the pesto. Reheat the veg if you need to. Spoon the veg over the risotto and finish with basil leaves and parmesan.

■ **PER SERVING** 414 kJ, protein 10.5g, carbs 67g, fat 12.5g, sat fat 4.7g, fibre 4g, salt 2.27g





EVOLUTION OF THE MODERN COCKTAIL

TOM COLLINS TONY CONIGLIARO EXPLAINS HOW TO BRING A CLASSIC COCKTAIL BANG UP TO DATE

The origin of the Tom Collins is a matter of historical dispute, with many charming claims to its creation and name-sake. It appears, however, that the recipe we know today was first put to paper in 1876 by Jerry Thomas in *The Bartenders Guide* and it has since been heralded as a drink of exquisite simplicity. It is essentially a spin-off of the sour with the addition of soda, and this perfectly balanced structure has sparked an endless repertoire of cocktails to which they owe their origin. One or all elements can be substituted creating a small change that transforms it into a new drink. For example, gin can be exchanged for tequila, the sugar for cassis, and the soda for ginger ale creating the El Diablo!

My perfect Tom Collins comprises 50ml gin, 25ml fresh lemon juice and 20ml sugar, poured directly into a 12-ounce highball glass. It's often a shaken drink, but I find the flavours sturdier with less dilution if the ingredients are built over ice. Stir gently, top with soda, and stir gently once more. Garnish with a lemon wedge and a cherry.

The Tom Collins is fantastic to make in jugs for parties. Use 500ml gin, 250ml fresh lemon juice and 200ml sugar and mix in a large jug or punch bowl. Pour into individual highball glasses with ice and top with soda so that the bubbles don't go flat.



Tony Conigliaro is a pioneering molecular mixologist. Try his inventions at The Bar With No Name in north London, which has a lab upstairs and a bar downstairs (69colebrookerow.com) and at The Zetter Townhouse Bar (thezetter.com).

SHOP LIKE A PRO PASTA

For information on the pasta of the moment see page 22. We also love De Cecco as it is very forgiving with its timing (an extra minute won't hurt). Here are our six favourite pasta shapes to keep in the storecupboard - and what to match them with.

1 Bucatini - long tubes, fatter than spaghetti with a hole (the 'buco') down the centre to help them cook more quickly.

GOES WITH all'Amatriciana is the classic accompaniment, but puttanesca, tomato ragu and even cream sauces with small pieces (such as carbonara) do well.



2 Conchiglie rigate - the rigate means the outsides of these shells are ridged and the deep cup holds sauce very efficiently. Jumbo sizes can be stuffed, see page 50.

GOES WITH chunky tomato, veg and meat ragus, creamy sauces with bacon chunks and peas or small prawns, lemon and olive oil.

3 Fusilli - twisted pasta shapes (the word means spirals) that hold pasta sauces well and have a very distinct feel in the mouth. They make a good alternative to tubes in macaroni cheese.

GOES WITH fresh tomato sauce, meat ragus, gremolata, grated courgette, lemon and mascarpone



4 Linguine - long and oval when cut across, with a slippery feel in the mouth, a swirl of linguine in a bowl makes any pasta sauce look posh.

GOES WITH everything, but handles really simple dressing such as chilli, garlic and oil or butter and parmesan and is traditional with seafood sauces.



5 Orzo - grain sized and shaped, these are slippery when cooked and don't stick to sauces but do make a good accompaniment to stews and can be stirred into soups, scattered in salads and used to stuff peppers and other veg.

GOES WITH minestrone, chunky fish soups, roast squash and spinach salad, crab meat, lemon and courgette ribbons.

6 Dishi volanti - discs of pasta named after flying saucers, these are what is known as a short pasta. They add texture to very chunky sauces and can be eaten with casseroles and in soups.

GOES WITH roast vegetables, griddled artichokes dressed with lemon, chunky ragus such as rabbit and wild boar, cream sauces with chunks of ham or veg and coarsely chopped vegetable sauces.

PHOTOGRAPHS: STOCKPODIUM.COM, GARETH MORGANS. STYLING: CYNTHIA INKINS

JUNE 2011

overnight expert tips and techniques

GADGET GURU PASTA MACHINE

If you are serious about making pasta you'll want an Imperia. The SP150 is the original machine (and the most affordable). Made in Italy, it has stainless steel rollers and two cutters for making tagliatelle. Theo Randall uses one in Chef skills, p118. Accept no imitations. £41.95 from silvernutmeg.com.



SOMMELIER SPEAK 'SAIGNÉE'

When sommeliers talk about 'saignée' or 'bleeding wines', they mean rosés. There are three ways to make a pink wine from red grapes: to leave the grapes in contact with the wine just briefly; to blend red and white wine (only in champagne); and to 'bleed' off some of the pink juice



MEDIA MUST-HAVES

TWITTER: FOODVIKING



Chris Jensen loves exploring London food markets and always has meat on the brain. His Viking-esque recipes and trials as an amateur baker are all tweeted.

APP: SEAFOOD WATCH



We're all a little nervous nowadays about choosing fish. This app tells us which to avoid (caught in ways which harm the environment) whilst offering better alternatives.

BLOG: SPARKLING INK



There's a lightness to Tiina's blog from Finland that make very good summer reading. Her recipes are simple and the photographs are beautiful. Sparklingink.com

four portions of
TAGLIATELLE

seared strips of
CHICKEN

a bundle of
ASPARAGUS

a jar of
SACLA'

and *Hey Pesto!*



Pasta loves Pesto. The better the Pesto,
the better the taste. So the Sacla' family
uses only the finest Italian ingredients.
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Magic with pasta



ASK **olive**

WRITE TO THE OLIVE EXPERTS AT oliveletters@bbc.com



COOKING
LULU GRIMES



RESTAURANTS
JESSICA GUNN



WINE
VICTORIA MOORE



TRAVEL
ALISON BOWLES

Can you recommend some Paris restaurants that are a bit different and special, but not break-the-bank or impossible to reserve? *Nina Turnbull*

ALISON Chic bar **Spring Buvette** (springparis.fr) offers small plates such as oysters, €3, saucisson sec, €4, and jambon noir de Bigorre, €12. Or, for communal tables and all-you-can-eat menu, €22.50, including terrines, soup, stew and cheeses, try **La Cave de l'Os Moelle** (181 rue de Lourmel, 15th; 00 3314 5572828). Rhonda Carrier, author of *In Love in France*, recommends **Le Temps Des Cerises**, a local worker's co-op with excellent wine and rustic food (18, rue de la Butte-aux-Cailles, Paris; cooperativetempsdescerises.eu).

If you have no idea what wine to ask for but have a budget, what do you ask the sommelier? *Helen Jackson, London*

VICTORIA It helps to realise that the wine waiter is working hard to figure out what you want without being so ungracious as to force you to name a price. Check that there are several options within the price range you have in mind - and then just be open about it.

Could you recommend a restaurant in Dorset for a birthday celebration? *Dean Cole*

JESSICA At **The Green House** hotel in Bournemouth chef Gordon Jones makes good use of local ingredients (three-course set menu, £30; thegreenhousehotel.co.uk). In Dorchester, try the intimate, one-Michelin starred **Sienna** restaurant (dinner, two courses from £36.50; siennarestaurant.co.uk). You might also try MasterChef 2009 winner, Mat Follas's **The Wild Garlic** restaurant in Beaminster for hearty, seasonal dishes such as fillet of beef, smoked mash and béarnaise sauce (starters from £6, mains from £8; thewildgarlic.co.uk).

What varieties of strawberries have a really good flavour? So many of them taste of nothing. *Julia Griffiths*

LULU Look out for Ava, a Scottish variety, English Rose with its hint of orange flavour, and Jubilee. Their colour can be down to variety, NOT ripeness; some are more orange, some pink and others have a pale rather than very red core. If growing your own, look out for a variety called Alice.



GASTRONERD **PANDAN**

The leaves or essence of a type of screwpine (a plant with blade-like leaves) used across Asia, particularly in desserts. Though the aroma can be pinned down to the compound 2-acetyl-1-pyrroline it is almost impossible to describe other than it is what basmati and jasmine rice smell like. You'll find it in with the pineapple galette and coconut ice cream at Yotam Ottolenghi's Nopi, and Rick Stein uses it in his black rice pudding.



UNUSUAL PAIRING **CHERRIES + FISH**

Dead odd. But brave cooks will be rewarded for experimenting with this unlikely pair.

■ Hugh Fearnley-Whittingstall suggests a summery salad of hot-smoked sea trout with morello cherry compote, the latter of which you can easily make yourself by simmering 200g **stoned morello cherries** with 1 tbsp water and 50g **light brown sugar** for 5-6 minutes. Hugh likes to serve the same compote with his hot chocolate brownies (guardian.co.uk).

■ Online recipes matching the pair include the sweet 'n sour fish and cherries main from cooks.com and halibut with cherry gremolata (grouprecipes.com), a recipe which adds a glug of brandy to the mix to give it that extra something.

■ American cherry farmers also approve - they recommend dowsing grilled salmon with rich cherry sauce. You can find the recipe on their site (nwcherries.com).



OLIVE OF THE MONTH **TAGGIASCHE**

From Liguria, these small, dark-greenish brown olives (pronounced taj-as-kay) were planted by Benedictine monks on hills by the sea. Known for their oil, they have a mild flavour with a sweetish edge, so make a good ingredient as they won't overwhelm a dish. (£4.95/120g from natoora.co.uk)

four portions of
SPAGHETTI

plenty of
PRAWNS

a handful of
ROCKET

a jar of
SACLA'

and Hey Pesto!



Pasta loves Pesto. The better the Pesto, the better the taste. So the Sacla' family uses only the finest Italian ingredients. Try it. It'll bring magic to your pasta.

Endless recipe ideas at www.sacla.co.uk

Magic with pasta





CHEF SKILLS

Making fresh pasta

Chef Theo Randall makes fresh pasta, then creates a summery seafood supper

Recipe THEO RANDALL Photographs DAVID MUNNS



Taglierini with scallops, courgette, tomato and capers

1 hour 20 minutes + overnight

■ Serves 4 ■ **A LITTLE EFFORT**

The yellower the egg yolks you use, the deeper colour your pasta will be. These quantities will make more dough than you need for this recipe, but the extra will keep happily in the fridge for about 10 days. Once the taglierini is cut, it's best left overnight in the fridge to dry out a little; this will give a better texture to the finished pasta.

courgettes 6 small

olive oil

garlic 1 clove, finely sliced

scallops 8, each sliced into 3

plum tomatoes 4, skinned, deseeded and chopped

capers 1 tbsp, drained

flat-leaf parsley 1 tbsp chopped leaves

PASTA DOUGH

'00' flour 300g

fine semolina 100g, plus extra for dusting

eggs 2 large

egg yolks 6 large

■ Make the pasta following the step-by-step instructions. You'll need 250g of the taglierini to make this recipe. Bring a large pan of salted water to the boil for the pasta.

■ Cut the courgettes into rounds 1cm thick, then cut into small batons. Heat 2 tbsp of olive oil in a large frying pan, add the garlic, then the courgettes. Cook over a medium heat for 10 minutes, until the courgettes are lightly golden.

■ Add the scallops, increase the heat and fry for 2 minutes, until they turn creamy-white. Stir in the tomatoes, capers and parsley, then season.

■ Cook the taglierini in the boiling water for about 3 minutes, until al dente. Drain the pasta, then tip into the sauce and toss together, cooking gently for a minute or so before serving.

■ **PER SERVING** 867 kcal, protein 48.4, carbs 119.6g, fat 25g, sat fat 5.1g, fibre 6.8g, salt 0.95g

Theo Randall is chef patron of Theo Randall at the InterContinental on London's Park Lane (theorandall.com). He opened the restaurant in 2006 after more than 10 years at the highly acclaimed River Café, where he eventually became head chef and partner. In 2008, he won Italian Restaurant of the Year at the London Restaurant Awards.



- 1** Weigh all the dry ingredients into a bowl, then add the eggs and egg yolks.



- 2** Tip into a food processor and pulse until the mix resembles tiny beads. It should feel smooth and firm – like Plasticine. If it's too wet, add a bit more flour.



- 3** Tip out onto a clean work surface and bring together to make dough.



- 4** Roll into a ball, then cut the dough in half. Wrap one half in clingfilm and put it into the fridge to use later.



- 5** Flatten the remaining dough, then feed it through a pasta machine on the widest setting. Fold in the edges, give a quarter turn and feed it through again. Repeat 5 or 6 times to work the dough.



- 6** Adjust the rollers to the next setting down and pass the pasta through again. If the ends become raggedy, fold them in and pass the pasta through again to square it up.



- 7** Keep rolling the pasta through, taking the settings down a notch each time, until you have a very long, thin sheet of pasta.



- 8** Cut your long sheet into equal lengths to make it easier to cut the taglierini.



- 9** Attach the machine's cutting section, then run each sheet through the taglierini cutters. Put the cut pasta on a tray in a shallow layer and sprinkle with semolina. Cover with greaseproof paper. Chill overnight.

NEXT MONTH COOKING THE PERFECT STEAK

advertisement feature

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There are also step-by-step guides on the website, plus you can watch Kiwi chef Peter Gordon cook a selection of delicious lamb recipes, along with perfect simple-to-make summer marinades.



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TERMS & CONDITIONS Promoter: Beef & Lamb New Zealand Ltd, Westwood Park, London Road, Little Horkesley, Colchester CO6 5BE. Closing date 30 June 2011. Entrants must be UK residents 18+. For full T&Cs, visit loveourlamb.co.uk.



Lamb steaks with chilli pesto and roasted vegetables

40 minutes ■ Serves 4 ■ EASY

courgettes 3, thickly sliced
peppers 2, seeded and cut into chunks
red onions 2, peeled and cut into segments
thyme a few sprigs
lamb leg steaks 4
olive oil 2 tbsp
lemon 1
rocket 2 large handfuls
feta 150g, crumbled
FOR THE PESTO
garlic 1 clove
basil leaves 2 large handfuls
pine nuts 35g
parmesan 35g, grated
mild red chilli 1, chopped
olive oil 4 tbsp

■ Heat the oven to 200C/fan 180C/gas 6. Put the courgettes, peppers and red onions into a roasting tray, scatter with the thyme, season well and drizzle over the olive oil. Roast for 35 minutes or so, until softened and lightly charred.

■ Blitz together all the ingredients for the pesto in a food processor or using a pestle and mortar. Season and set aside.

■ Heat a griddle pan. Season the lamb and rub the remaining oil on each steak – you don't want too much or the griddle will smoke. Cook the lamb for about 2-3 minutes each side, until just cooked through but still pink in the middle (this will depend on the thickness of the steaks). Wrap up in foil and allow to rest for a few minutes.

■ Allow the veg to cool slightly, add a squeeze of lemon juice, mix through the rocket and crumble in the feta. Serve the vegetables with the lamb and spoon over the pesto.

FOR MORE RECIPES AND INSPIRATION, VISIT LOVEOURLAMB.CO.UK

San Patrignano

olive talks to Roberto Bezzi, a cheese maker at San Patrignano – a unique rehabilitation project in northern Italy where former drug users make top-quality cheese, wine, honey, bread and salumi

Interview JESSICA GUNN Photograph DAVID COTSWORTH

'Making cheese teaches you about life.

Every day when the milk arrives, it is different. There are no rules; you have to stay open-minded and learn to communicate. Caring for cheese is like caring for a child – you have to adapt to what each day brings.

'We make 25 types of cheese. Five years ago only four people worked in our dairy; now there are 35. We sell around 80% of our cheese in shops or in our two restaurants here in San Patrignano, to help fund the project. The other 20% we have in the community – eating good food together is a key part of learning to live without drugs.

'We're always experimenting. Our taleggio is aged in a cave for 60 days, and the fossa (which means pit or trench) is named because we bury it to develop its flavour. The meticcio was developed from a mix of sheep's and cow's milk, which is then wrapped in chestnut leaves – it's won international awards.

'All our cheese is totally natural. From the hay we feed our cows, sheep and goats, to the rennet and bacteria we use for fermentation.

'You can't beat our di vino bianco (pecorino steeped in grape skins). The cheese is stored in wine barrels between layers of sangiovese grape skins and leaves that are left over from wine making. The flavours seep into the cheese, making it amazingly rich and creamy. Try it with a glass of San Patrignano sangiovese, salumi and our local flatbread, piadina.

'The most important thing at San Patrignano is learning to work together.

Within the community, you can work in around 60 areas – from making wine, olive oil and cheese, to carpentry, butchery and weaving. But it's always a group effort; working together helps people to open their minds and move beyond drugs.'

THREE RECIPES FOR SAN PATRIGNANO CHEESES

■ **Broad bean, pecorino and lemon risotto**

■ **Baked spinach and ricotta pancakes**

■ **Tomato and taleggio pizza**
For recipes, go to bbcgoodfood.com

HOW ETHICAL IS SAN PATRIGNANO CHEESE?

FOOD MILES Low. The community rears its own animals at San Patrignano or at nearby satellite farms. Most cheese is sold nearby.

CARBON FOOTPRINT Low. The dairy works to eliminate as much waste as possible. For example, ricotta is made from the whey drained off the pecorino.

ANIMAL WELFARE Medium. Dairy cows are housed in barns, while sheep and goats are reared outside.

The San Patrignano rehabilitation centre, just outside Rimini, Italy, was set up by Vincenzo Muccioli in 1978 in order to help drug addicts turn their lives around. Every resident is given the opportunity to learn a vocational skill over the course of their stay to prepare them for their return to the outside world. Go to sanpatrignano.org for more information.

Buy San Patrignano cheese, wine, olive oil, biscotti and salumi in the UK at Selfridges. Di vino bianco £3.50/100g (selfridges.com).

Pictured: Roberto Bezzi (left) and Federico Rossati

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UNDERSTANDING Slow Food

Joanna Blythman explains what this movement does and how you can get involved.

Italians take their food very seriously, which may explain why, when other nationalities merely lament the seemingly relentless march of fast food culture, Italy has taken the lead in mounting a global challenge to it. Slow Food started in 1989, when food activist, Carlo Petrini, incensed by the arrival of a branch of McDonald's at the foot of the Spanish Steps in Rome, established a group of like-minded people committed to the defence of quality food and the enjoyment of eating it. Since then, the group has grown into an international movement at the forefront of promoting alternatives to the industrial, fast food model. In Italy, the organisation centres around the biennial Salone del Gusto, a huge food exhibition celebrating slow food held in Turin. In the UK, Slow Food largely operates at a grassroots level with small, localised groups working to promote the movement's ideals.

SIGN OF THE SNAIL

The Slow Food ethos centres on the idea of 'eco-gastronomy'; a philosophy that unites a love of eating with an awareness of the issues that surround its production. The perky little snail adopted by Slow Food as its logo flaps up the belief that small, diverse and locally-distinctive food production is the best response to pressing health and ecological challenges.

Slow Food believes that quality food is threatened by the fast pace of modern life, because people cook less and rely on homogenous, mass-produced products. Its goal is to save 'slow', or traditional, foods from going out of production by reminding us of their delights and value.

IN THE ARK

Slow Food developed the idea of the 'Ark of Taste' - a Noah's ark of endangered foods. Worldwide, around 700 foods from over 130 countries are catalogued in the

Ark, with supporters working to raise awareness of their plight via events and education programmes. This awareness also aims to help revive dying food skills and secure a future for threatened animal breeds and plant species. Pershore plums, North Ronaldsay mutton, Goosnargh cakes, Somerset cheddar made from raw milk, and native oysters from the Fal estuary in Cornwall are just some of the UK foods that have been taken on board the Ark.

As well as cataloguing worthwhile foods that are at risk, Slow Food also sets up small-scale projects, known as 'presidia', which raise funds to help struggling producers with their work. This might involve, for instance, anything from building a slaughterhouse, to installing a new oven, or renovating a dilapidated farmhouse. Foods that have benefited from this support include Mananara vanilla from Madagascar, and Huehuetenango Highland Coffee from Guatemala.

MOTHER EARTH

Another Slow Food initiative is Terra Madre (Mother Earth), a network of food producers, representatives of local communities, cooks and academics whose aim is to establish a food system that's 'good, clean and fair'. 'Good' stands for a fresh, flavoursome seasonal diet; 'clean' refers to food that doesn't harm the environment, animals, or human health, and 'fair' means accessible prices for consumers alongside fair pay and conditions for producers. There are over 2,000 Terra Madre communities around the world, including indigenous people such as the Sami, nomadic reindeer herders of the Arctic, and the Ojibwe, native American wild rice harvesters. Representatives meet up in Turin every two years.



Joanna Blythman is an award-winning food writer and journalist, commenting on radio and TV. Her latest book is *Bad Food Britain: How a Nation Ruined Its Appetite* (Fourth Estate, £7.99; olive offer £7.20, with free p&p. For olive book offers, call 01872 562313)

HERE, THERE, EVERYWHERE

Slow Food is a global organisation of grassroots groups ('convivia'). In the UK, projects include Slow Food on Campus, which helps students influence the quality of food in universities and colleges by growing edible gardens and hosting farmer's markets on campus.

Everything Slow Food does stems from its manifesto statement that the defence of good food 'should begin at the table'. So wherever the Slow Food snail is, you are invited to think about what good food is, and better still, to taste it.

- You can become a Slow Food member by visiting slowfood.org.uk. Or get involved in Slow Food Week (20-26 June 2011); around 50 groups from the UK and Ireland take part.
- Visit Slow Food at this year's Good Food Shows (Birmingham, 15 - 19 June; Scotland 21 - 23 October;) or at MasterChef Live (11-13 November; bbcgoodfoodshow.com)
- Taste artisan foods from around the world at Slow Food's Salone del Gusto in Turin in October 2012.

THE **olive** PROMISE

We hope you enjoy **olive**'s recipes, restaurant reviews and travel features all the more because they are served up with a sense of humour. At the same time, we are as serious about eating well and with a conscience as you are. Here's what you can expect from this and every issue:

TRIPLE-TESTED RECIPES Our recipes are tested at least three times – by the recipe writer, on our photo shoots and by a member of the cookery team in the **olive** test kitchen – which is why they always work. Each recipe is tasted and then adjustments are made, if necessary, so you end up with the perfect dish every time.

EASY RECIPES We believe you can eat well at home even if you don't have bags of time. Most of **olive**'s recipes are quick and easy, and can be made using accessible ingredients.

THE ODD CHALLENGE Weekends, on the other hand, are for showing off, so there's a few of recipes for adventurous cooks.

GOOD VALUE Look out for our ideas on how to make your hard-earned cash go further. *7 meals for £35* shows you exactly what to buy and exactly what to cook from Monday to Sunday. For bargain wines, turn to *starters*, page 11.

SEASONAL EATING We enjoy using seasonal ingredients because they give the food year a distinct rhythm. This month we're eating a lot of broad beans.

HEALTHY EATING We reckon the 80% good, 20% indulgent way of eating is sensible, but we'll leave the decisions about what, when and how you eat to you – nutritional info follows each recipe to help you decide.

PROVENANCE MATTERS We like meeting the people who produce what we eat, but there often isn't time, so we also shop carefully in supermarkets. Where possible, we use free-range eggs and chickens, humanely reared meat, organic dairy products, sustainably caught fish, unrefined sugar and fairly traded ingredients.

INTERNATIONAL SAVVY British is good, but we also like to cook dishes inspired by our travels. Some ingredients only grow in tropical conditions and can't be had without notching up air/sea miles, so getting them to the UK has environmental implications. It's your choice whether or not you use them.

CHEAP EATS AND SMART TREATS Transport caffs and Michelin-starred restaurants: there's room for both in **olive**'s *eat out* pages. We may have stumbled upon the places we feature on a weekend away, been invited there by an enthusiastic chef or investigated it after a tip-off from a reader. We love hearing your views on eating out and our regular *pro vs punter* feature invites you to go undercover for **olive**.

LOCAL KNOWLEDGE

TRUST **olive** The *eat away* section arms you with insider info and recipes from the world's most exciting food destinations, written by on-the-ground food journalists. Our budget and blowout ideas show you the best-value places to eat, drink, shop and stay when travelling.

BIG ISSUES Preaching doesn't come naturally – we won't tell you what, or what not to eat. Instead we keep you up-to-date with debates in the food world in our *food issues* feature on page 123. If you want to know more, we recommend web links, often to BBC colleagues, so you know that you'll be getting reliable expert advice.

SMALL PRINT

OUR RECIPES Because **olive**'s recipes don't always give exact quantities for ingredients such as oil and butter, nutritional quantities may not always be 100% accurate. Analysis includes only the listed ingredients, not optional ingredients, such as salt, or any serving suggestions.

Meat Care should be taken when buying meat that you intend to eat raw or rare.

Eggs Use large eggs, unless otherwise stated. Pregnant women, the elderly, babies and toddlers, and people who are unwell should avoid eating raw and partially cooked eggs.

Vegetarian Always check the labels on shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable.

Recipe costings are based on the exact amount of ingredient used; for example, 125g of butter will be costed at half the price of a 250g pack. Our costings are always based on free-range eggs and meat.

❄ This symbol means recipes can be frozen.

Unless otherwise stated, freeze for up to three months. Defrost thoroughly before eating, and heat hot food until piping hot.

TRAVEL **olive** provides trusted independent travel advice and information. The majority of our travel recommendations come from specialists who live in, or travel frequently to, the destination they write about. Because we believe it's important that our journalists experience the things they're writing about first-hand, at times it may be necessary for us to seek assistance from travel providers such as tourist boards, airlines, hotels etc. However, when receiving such assistance, we ensure our editorial integrity and independence are not compromised through the following measures:

- ✱ by publishing information on other appropriate travel suppliers and not just those who provided us with assistance

- ✱ by never promising to offer anything in return, such as positive coverage

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*Always check shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable for VEGETARIANS.



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- 7 Barbecued balsamic mushrooms with gorgonzola
- 7 Barbecued polenta wedges with roasted veg
- 6 Carrot and sesame burgers
- 6 Falafel and halloumi stacks
- 7 Tikka skewers

Fish

- 4 Barbecued mackerel with ginger, chilli and lime dressing
- 4 Halibut parcels with coconut cream, chilli and lime
- 5 Indian spiced sea bream
- 4 Thai-style prawns
- 5 Tuna steaks with balsamic-roasted tomatoes
- 4 Warm salad of courgette and salmon

Sides

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Why olive recipes work every time

We test all recipes at least three times so they work without fail for you

- 1 The first time is by the recipe writer, who tests the recipe in a domestic kitchen.
 - 2 Next, a member of the cookery team makes the recipe in the olive test kitchen.
 - 3 The recipe is then tested at our photo shoot. Some recipes are tested a fourth time at home by individual members of the olive editorial team - we're all keen cooks and often can't resist trying out a recipe we particularly love as soon as we've discovered it.
- * Testing our recipes three times or more may seem over-cautious, but mistakes can be costly, so it makes sense to ensure you get the right result every time.
- * We've also checked that the majority of ingredients are available to buy easily and provide online suppliers for those that are trickier to find.
- * If you need help with a recipe, phone us between 9.30am and 5.30pm, Monday to Friday, and we'll be happy to help. Or email us at oliveletters@bbc.com and we'll get back to you as soon as possible.
- * This symbol means recipes can be frozen. Unless otherwise stated, freeze for up to three months. Defrost thoroughly before eating and heat until piping hot.

RECIPE QUERIES 020 8433 1402

THE NEW ITALIAN MASTERS (pages 22-25) Where to eat or buy

Brawn (49 Columbia Road; 020 7729 5692); Cantinetta (cantinetta.co.uk); Casamia (casamiarrestaurant.co.uk); Colasanti (01483 527707); Enoteca Turi (enotecatur.com); Food in the City (foodinthecity.com); Galvin at Windows (galvinatwindows.com); Harrods (harrods.com); Harvey Nichols (harveynichols.com); Highbury Vintners (highburyvintners.co.uk); Ilia (ilia-london.com); Jamie's Italian (jamieoliver.com/italian); L'Anima (lanima.co.uk); Laverstoke Park (laverstokepark.co.uk); Luigi's (luigismailorder.com); Melodia Food (melodiafood.co.uk); Mosnel (mosnel.com); Natoora (natoora.co.uk); Nickolls & Perks (nickollsandperks.co.uk); Nife is Life (nifeislife.com); Ocado (ocado.com); Pizza Express (pizzaexpress.com); Santore (santorerestaurant.co.uk); Selfridges (selfridges.com); The Curlew (thecurlewrestaurant.co.uk); The Palmerston (thepalmerston.net); Tontini Foods (tontinifoods.co.uk); Vallebona (vallebona.co.uk); Zizzi (zizzi.co.uk).

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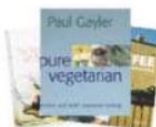
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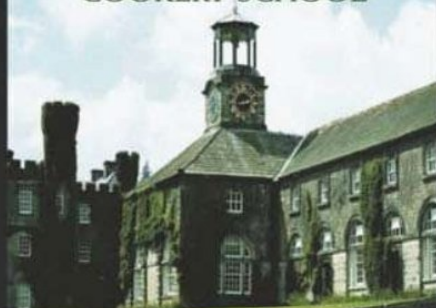
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Recipe JANINE RATCLIFFE Photograph GARETH MORGANS

Bellini sorbet

❄️ 20 minutes + churning and freezing

■ Serves 6 ■ EASY

You only need three ingredients to make this. We used Funkin white peach purée (available from Waitrose, Ocado and funkin.co.uk), but you could also whizz 250g of peach flesh to a purée as a base.

golden caster sugar 75g
white peach purée 250ml
prosecco 500ml



■ Put the sugar in a small pan with 2 tbsp of water. Heat gently until the sugar dissolves, then simmer for a minute. Cool and mix with the other ingredients.

■ Pour into an ice cream machine and churn until frozen. Freeze until needed.

■ **PER SERVING** 155 kcal, protein 0.5g, carbs 23.5g, fat 0g, sat fat 0g, fibre 0.4g, salt 0.02g



In next month's olive... Summer picnic recipes * Britain's best street food * Easy Greek menu * On sale 3 June, or subscribe – call 0844 848 9747 (quote OLP611)



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Plus! 12 FANTASTIC SEASIDE-INSPIRED
olive RECIPES

Be inspired this summer – **olive** and Lonely Planet have joined forces again, this time to bring you the very best of foodie coastal Britain. Based on the new editions of Lonely Planet's brand new *England* and *Great Britain* guidebooks, we've picked our favourite seaside destinations to reveal the very best places to eat and sleep. There's something for every budget, from grand beachfront hotels to superbly located hostels, from barefoot seafood shacks to smart waterside restaurants. We've also included **olive**'s best seaside-inspired recipes, certain to make you feel summery whether or not you're on holiday.



Alison Bowles

Travel editor, **olive**

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Devon & Cornwall

Brixham

An appealing, pastel-painted tumbling of fishermen's cottages leads down to Brixham's horseshoe harbour, signalling a very different place from the "English Riviera" vibe of Torquay. Here, gently tacky arcades coexist with winding streets, brightly coloured boats and one of England's busiest fishing ports. Although picturesque and home of Sir Francis Drake's galleon *The Golden Hind*, Brixham is far from a neatly packaged resort, and its brand of gritty charm offers a more representative glimpse of life along Devon's coast.

EATING & DRINKING

David Walker & Son Fishmonger £

(☎ 01803 882097; Unit B, Fish Market; 9am-4pm Mon-Fri, to 1pm Sat)

The place to connect with Brixham's heritage. The counters showcase the day's catch, plus goodies such as huge, cooked shell-on prawns (per 500g £7) and dressed crab (£4.50 each).

Maritime Pub £

(☎ 01803 853535; 79 King St)

Gloriously eccentric boozer smothered in key rings, stone jugs and chamber pots, presided over by a chatty parrot.



Torquay & Paignton

For decades, the bright 'n' breezy seaside resort of Torquay pitched itself as an exotic 'English Riviera', playing on a mild microclimate, promenades and palm trees. Today, truly top-notch restaurants, a batch of good beaches and an Agatha Christie connection – the celebrated author lived most of her life in Torquay and is commemorated with the 'Agatha Christie Mile' tour – all make for grand days out beside the sea. Just to the south of the town is Paignton, with its seafront prom, multicoloured beach huts and faded 19th-century pier.



■ SLEEPING

Cary Arms Boutique Hotel £££

(☎ 01803 327110; www.caryarms.co.uk; Babbacombe Beach, Torquay; doubles £150-250, suites £200-350)

The great British seaside has just gone seriously stylish. At this oh-so-chic bolthole, neutral tones are jazzed up by candy-striped cushions, balconies directly overlook the beach and there's even a stick of rock with the hotel's name running through it on your pillow.

Headland View B&B ££

(☎ 01803 312612; www.headlandview.com; Babbacombe Downs, Torquay; singles/doubles £45/70; parking)

Set high on the cliffs at Babbacombe (Torbay's 'jewel in the crown'), this cheery B&B is awash with nauticalia: from boat motifs on the curtains to 'welcome' lifebelts on the walls. Four rooms have tiny flower-filled balconies overlooking a cracking stretch of sea.

Lanscombe House B&B ££

(☎ 01803 606938; www.lanscombehouse.co.uk; Cockington Lane, Torquay; singles/doubles from £60/90; parking)

Laura Ashley herself would love the lashings of tasteful fabrics, four-poster beds and free-standing slipper baths on show here. Set amid the calm of Cockington Country Park between Torquay and Paignton, it has a classic English cottage garden where you can hear owls hoot at night.

Hillcroft Boutique B&B ££

(☎ 01803 297247; www.thehillcroft.co.uk;
9 St Lukes Rd, Torquay; singles £65-110,
doubles £75-85, suites £100-130;
internet; Wi-Fi)

The Hillcroft's classy rooms veer from French antique to Asian chic; the top-floor suite is gorgeous.

Torquay International Backpackers Hostel £

(☎ 01803 299924; www.torquaybackpackers.co.uk; 119 Abbey Rd, Torquay; dormitories £15; doubles £32; internet; Wi-Fi)

A funky, friendly, laid-back hostel.

EATING**Room in the Elephant Fine Dining** £££

(☎ 01803 200044; www.elephantrestaurant.co.uk; 3 Beacon Tce, Torquay; 6 courses £45; dinner Tue-Sat)

A restaurant to remember. This Michelin-starred eatery is defined by good food and imaginative flavour fusions: squid and cauliflower risotto or chicken with liver and fig salad. The sumptuous cheeseboard groans under the very best West Country offerings.

Number 7 Seafood ££

(☎ 01803 295055; www.no7-fish.com; Beacon Tce, Torquay; mains £15; lunch Wed-Sat, dinner daily)

Fabulous smells fill the air at this buzzing bistro beside Torquay's harbour. The menu is packed with super-fresh crab, lobster and monkfish, often with unexpected twists. Try the king scallops with vermouth or fish and prawn tempura.

Elephant Brasserie European ££

(☎ 01803 200044; www.elephantrestaurant.co.uk; 3 Beacon Tce, Torquay; 2/3 courses £23/27; lunch & dinner Tue-Sat)

The setting may be less formal, but the bistro below Torquay's Michelin-starred Room in the Elephant is still super-stylish. Dishes include lemon sole with shellfish ragout and Noilly Prat cream, and Devon duckling with spiced honey jus.

Orange Tree European ££

(☎ 01803 213936; www.orangetreerestaurant.co.uk; 14 Park Hill Rd, Torquay; mains £17; dinner Mon-Sat)

This award-winning brasserie adds a dash of Continental flair to local fish, meat and game. You won't be able to resist the Brixham crab lasagne with crab bisque or the south Devon steak with a rich blue cheese sauce. Then succumb to chocolate temptation, a brownie, mousse and parfait combo.

Pier Point Restaurant & Bar Restaurant £

(☎ 01803 299935; www.pier-point.co.uk; Torbay Road; mains from £8; open from 11am, 10am Sat and Sun, closing times are weather-dependent)

Enjoy salads, pizzas and burgers, with views over Torquay marina.

Hole in the Wall Pub £

(☎ 01803 200755; 6 Park Lane; mains from £8.95; pub 12noon-12midnight, restaurant from 5.30pm)

A heavily beamed, Tardis-like boozier with a tiny terrace – an atmospheric spot for a pint.

Dartmouth & around

A blend of primary-coloured boats and delicately shaded houses, Dartmouth is hard to resist. Buildings cascade down wooded slopes to the River Dart while 17th-century shops with splendid carved and gilded fronts line narrow lanes. The trendy sailing set is served by boutiques and upmarket eateries, but Dartmouth is also a busy port and the constant traffic of working boats ensures an authentic tang of the sea. Agatha Christie's summer home and an art-deco house, both nearby, add to the appeal.

■ SLEEPING

Brown's Boutique Hotel ££

(☎ 01803 832572; www.brownshoteldartmouth.co.uk;

29 Victoria Rd; singles £70, doubles £90-180; parking)

How do you combine leather curtains, pheasant feather-covered lampshades and animal-print chairs and still make your hotel look classy? The owners of this sumptuous sleep spot have worked

it out. Look out for the lobster and frites evenings in their tapas bar, too.

Just B Rooms £

(☎ 01803 834311; www.justbdartmouth.com; reception Fosse St; rooms £64, apartments £65)

The 11 stylish options here, scattered over three central properties, range from bedrooms with bathrooms to mini-apartments. All feature snazzy furnishings, crisp cottons and comfy beds. The 'just B' policy (no '&B' means no breakfast) keeps the price down.

Hill View House B&B ££

(☎ 01803 839372; www.hillviewdartmouth.co.uk; 76 Victoria Rd; singles/doubles £47/70)

This eco-conscious house features environmentally friendly toiletries, natural cotton linen, long-life light bulbs and organic breakfasts. Rooms are tastefully decked out in cream and brown and there's a 5% discount for travellers not using cars.



■ EATING

The Seahorse Seafood £££

(☎ 01803 835147; 5 South Embankment; mains £17-23, 2-course lunch £15; lunch Wed-Sat, dinner Tue-Sat)

The fish at this restaurant is so fresh that they change the menu twice a day. Depending on what's been landed at Brixham (seven miles away) or Dartmouth, you might get cuttlefish in Chianti, sea bream with roasted garlic, or fried local squid with garlic mayonnaise. The river views are charming, the atmosphere relaxed – definitely one not to miss.

Alf Resco Café £

(☎ 01803 835880; www.cafealfresco.co.uk; Lower St; mains from £6; breakfast, lunch & dinner Wed-Sun)

This cool hangout brings a dash of cosmopolitan charm. Wooden chairs and old street signs are scattered around a front terrace, making it great for brunch alongside the riverboat crews.

Crab Shell Sandwich Bar £

(☎ 01803 839 036; 1 Raleigh St; sandwiches £4; lunch Apr-Dec)

The shellfish gracing these sarnies is landed on the quay a few steps away, and much of the fish is smoked locally. Fill your bread with mackerel with horseradish mayo, kiln-roast salmon with dill, or delicious Dartmouth crab.

olive**Whole roasted megrim sole with caper parsley butter**

30 minutes ■ Serves 4 ■ **EASY**

megrim sole 4 whole (about 250g each), skinned with head and tail removed
CAPER PARSLEY BUTTER

butter 200g

olive oil 75ml, plus extra for the sole

banana shallots 200g, sliced lengthways

bay leaf 1

garlic 3 cloves, thinly sliced

thyme 1 tbsp, chopped

black peppercorns 8, tied together in muslin

golden raisins 40g

capers 2 tbsp, rinsed and drained

white wine vinegar 2 tbsp

lemon juice 2 tbsp

flat-leaf parsley chopped to make 1 tbsp

lemon 1, cut into wedges

■ Heat the butter in a pan until it turns golden brown. Tip into a bowl.

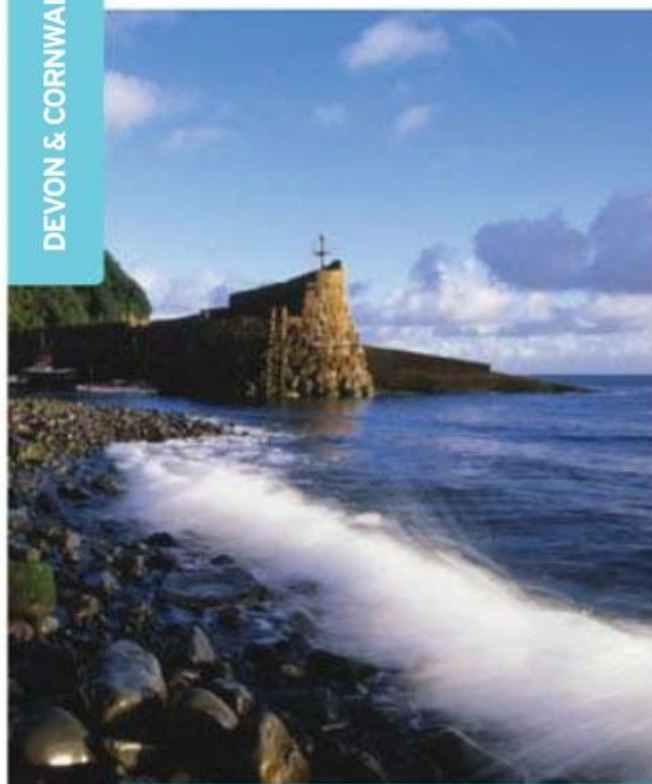
■ Heat the oil in a different pan. Cook the shallots on a low heat until soft but not coloured. Add the bay leaf, garlic, thyme, peppercorns, raisins, capers, vinegar and lemon juice. Simmer until the raisins are soft. Discard the peppercorns and bay leaf. Stir in the butter and keep warm.

■ Season the sole and brush with olive oil. Grill for about 8 minutes until cooked.

■ Sprinkle the sole with parsley. Serve with the lemon and the sauce spooned over.

■ **PER SERVING** 782kcal, protein 45.5g, carbs 10.8g, fat 62.1g, sat fat 29.7g, fibre 1.3g, salt 1.86g





Clovelly

Clovelly is the quintessential picture-postcard Devon village. White cottages cascade down cliffs to a curving crab claw of a harbour, lined with lobster pots and set against a deep-blue sea. The cobbled streets are so steep that cars can't negotiate them, so supplies are still brought in by sledge – you'll see these big bread baskets on runners leaning outside homes. Tenants enjoy enviably low rents (around £400 a year) and 98% of the houses are occupied – in some West Country villages, half the properties are second homes.

Red Lion Hotel **££**

(☎ 01237 431237; www.clovelly.co.uk)

Near the harbour, The Red Lion has stylish rooms with superb views (doubles £120 to £136), a classy restaurant (three courses £30) and a welcoming bar (mains £6 to £10).

Bude

Travelling west from Devon, the first Cornish town across the border is Bude, a popular family getaway and surfing hang-out thanks to its fantastic beaches.

■ SLEEPING

Dylan's Guesthouse B&B **£**

(☎ 01288 354705; www.dylansguesthouseinbude.co.uk;

Downs View; singles £45-50, doubles £50-65)

This friendly little B&B has nine rooms decked out in white linen, chocolate throws and pleasant pine, and a friendly owner full of info on the local area.

Elements Hotel Hotel **££**

(☎ 01288 275066; www.elements-life.co.uk; *Marine Drive; singles £70, doubles £105, family £160; parking; Wi-Fi*)

Smart clifftop hotel with 11 soothing rooms in whites and creams, big views from the outdoor deck, a gym and Fennelme sauna, and surf lessons from the nearby Raven Surf School.

■ EATING

Life's a Beach Café **££**

(www.lifesabeach.info; *Summerleaze; lunch £4-6, dinner mains £16-21.50; Mon-Sat*)

By day, a breezy beach café serving Summerleaze punters with ice creams, coffee and panini; by night, a candle-lit restaurant specialising in seafood.

Scrummies Café **£**

(*Lansdown Rd; mains from £8; 8am-10pm*)

A fab fish café serving skate and monkfish caught by the owner – try their crab pasta or lobster (half/whole £12/24) and chips.



Padstow

If anywhere symbolises Cornwall's culinary renaissance, it's Padstow. Decades ago, this was an industrious fishing village where the day's catch was battered and served up in newspaper. Today it's seared, braised or chargrilled, garnished with wasabi and dished up in some of the poshest restaurants this side of the Tamar. The transformation is largely due to celebrity chef Rick Stein, whose property portfolio has mushroomed to include restaurants, shops, hotels, a seafood school and even a fish and chip outlet. Inevitably, the town's much-banded nickname of 'Padstein' raises the hackles of the locals, but there's no doubt that it has changed beyond recognition since its days as a quiet fishing harbour. While the cash has certainly done much to swell Padstow's coffers, it hasn't always been good for its soul.

■ SIGHTS & ACTIVITIES

The National Lobster Hatchery

(www.nationallobsterhatchery.co.uk; adult £3, child £1.50; 10am-7.30pm Jul & Aug, 10am-5pm Apr-Jun & Sep-Oct, earlier closing Nov-Mar)

To ensure sustainable stocks for future generations, lobsters are reared in special tanks at this harbourside hatchery before being released to the wild. A fascinating place to learn about the life cycle of this tasty crustacean.

■ SLEEPING

Treverbyn House B&B £

(☎ 01841 532855; www.treverbynhouse.com; Station Rd; doubles £80-115; parking)

This smart townhouse is topped by little turrets and has five rooms subtly themed around different colours. It's elegant and understated, and the choice of brekkies is about the best in Padstow.

Ballaminers House B&B ££

(☎ 01841 540933; www.ballaminershous.co.uk; Little Petherick; doubles £90; parking)

Two miles south of Padstow, this smart stone farmhouse blends old-world atmosphere with modern elegance. Rooms feature Balinese furniture and antique chests, and boast sweeping views of the surrounding fields.

Treyarnon Bay YHA Hostel £

(☎ 0845 371 9664; Tregonnan; dormitories £14; parking; internet)

Settings don't get much better than this 1930s beach house on the bluffs above Treyarnon Bay.

EATING**Paul Ainsworth at No 6 Restaurant ££**

(☎ 01840 532093; www.number6inpadstow.co.uk; 6 Middle St; mains £13.50-15.50; lunch & dinner)

You might not have heard of him yet, but Paul Ainsworth is the chef to watch in Padstow. He trained under some of the country's top names, and his elegant eatery is a treat. Black-and-white chequerboard tiles, besuited waiters and classic decor provide the perfect setting for Ainsworth's quietly stunning food.

Rick Stein's Cafe Bistro ££

(☎ 01841 532700; Middle St; mains £9-18; closed Sun)

Stein's first Padstow establishment, The Seafood Restaurant, is a real budget blower, but this bistro offers stripped-down samples of his Med-influenced cuisine at more

reasonable prices.

Basement Bistro ££

(☎ 01841 532846; 11 Broad Street; lunch mains £7.50-9, dinner mains £12.50-19.50; lunch & dinner)

Newly arrived on Padstow's harbourside, this Continental café is a welcome addition for its breezy brasserie-style food. Plump for the smart interior or bag one of the sought-after pavement tables, sheltered under big black umbrellas.

Margot's Bistro ££

(☎ 01840 533441; 11 Duke St; mains £12-15; lunch Wed-Sat, dinner Tue-Sat)

Padstow's not all about big-name chefs – in fact, Margot's owner isn't even called Margot (it's now run by local boy Adrian Oliver). The bistro is strong on seasonal food and the decor's cosily chaotic – but there are only a few tables, so booking's a good idea.

Rojano's Restaurant ££

(☎ 01841 532796; www.rojanos.co.uk; 9 Mill Sq; pizzas & pastas from £9; lunch & dinner Tue-Sun)

This bright, buzzy Italian joint turns out excellent pizza and pasta, served either in the snug, sun-lit dining room or on the tiny front terrace.

St Kew Inn Pub ££

(☎ 01208 841259; www.stkewinn.co.uk; mains £8-16; 11am-3pm & 6-11pm)

Out in the village of St Kew, 12 miles from Padstow, this inviting inn blends the warm feel of a village local with the quality grub of a bona fide gastropub.

Ilfracombae & around

Like a *matinée* idol past his prime, Ilfracombe had a sagging, crumpled feel for years. The steeply sloping streets of this Victorian watering hole are lined with townhouses with cast-iron balconies; while formal gardens, crazy golf and ropes of twinkling lights line the promenade. But these days there's more to Ilfracombe, as evidenced by a string of smart eateries and places to sleep, a Damien Hirst connection and the chance to go surfing or take a dip in the past.

■ SLEEPING & EATING

Westwood Boutique B&B £

(☎ 01271 867443; www.west-wood.co.uk; Torrs Park Rd; doubles £80-110; parking; Wi-Fi)

Modern, minimal and marvellous; this ultra-chic guesthouse is a study of neutral tones and dashes of vivid colour. It's graced by pony-skin chaise longues and stand-alone baths; some

rooms have sea glimpses.

Norbury House Hotel B&B ££

(☎ 01271 863888; www.norburyhouse.co.uk; Torrs Park; doubles £85-100, family rooms £100-135; parking)

This exquisite former gentlemen's residence is now dotted with low-level beds, cool lamps and artfully placed cushions. Set on the hill overlooking Ilfracombe, it boasts impressive views from its terraced gardens.

11 The Quay European ££

(☎ 01271 868090; www.11thequay.com; 11 The Quay; snacks £2-9, mains £13-22; lunch & dinner Wed-Sat, dinner Sun)

This chic, distinctive eatery is owned by Damien Hirst, famous for exhibiting preserved dead cows and sharks. The menu's less controversial; sample cured ham with pickled garlic or lobster risotto with chives while admiring Hirst's artwork. This includes, with delicious irony, fish in formaldehyde. The bistro is open for lunch and dinner with snacks served all day.



Newquay

Bright, breezy and brash, Newquay is Cornwall's premier party place and the undisputed capital of British surfing.

The town has stacks of sleeping options, but the best get booked up and some require a week's booking. Not necessarily lovely to look at, Newquay is still a great base from which to explore.

■ SLEEPING

Scarlet Hotel £££

(☎ 01637 861600; www.scarlethotel.co.uk; doubles £180-395; parking; Wi-Fi; swimming pool)

For out-and-out luxury, there's no topping Cornwall's newest eco-chic hotel. In a regal location above the Mawgan Porth hamlet, it simply screams designer style: a stunning infinity pool, a boutique bar straight out of Soho and huge sea-view rooms full of funky fabrics, stripped-back surfaces and ridiculously oversized TVs. 'Stunning' doesn't do it justice.

The Hotel Hotel ££

(☎ 01637 860543; www.watgatebay.co.uk; Watergate Bay; doubles £95-295, suites £205-400; parking)

Fresh from a multi-million-pound refit, the old Watgate has been reinvented as a beachside beauty. The rooms dazzle in slinky pinks, candy-stripes and sea-blues, partnered with wicker chairs, stripped wood and mini sea-view balconies. It's pricey but, for this kind of location, that's hardly surprising.

■ EATING

Fifteen Cornwall Restaurant £££

(☎ 01637 861000; www.fifteencornwall.com; Watergate Bay; lunch/dinner £26/55)

Jamie Oliver's social enterprise restaurant opened on Watergate Bay back in 2006, and proved enormously popular. Underprivileged youngsters learn their trade in the kitchen, making Oliver's zesty, Italian-influenced food, while diners soak up the beach views and the buzzy, beachy vibe. It's a red-hot ticket: bookings essential.

Beach Hut Bistro ££

(☎ 01637 860877; Watergate Bay; mains £9.75-19.95; breakfast, lunch & dinner)

If you can't get a table at Fifteen, head downstairs to the by-the-sand bistro at the Watergate Bay Hotel. It's similarly beachy, and the menu is classic surf 'n' turf: fish curries, 'extreme' burgers and a different fresh fish dish every day.

Fistral Blu Bistro £££

(☎ 01637 879444; Fistral Beach; mains £8-20; lunch & dinner)

A great sundowner option, in the glass and steel retail complex behind Fistral Beach. Thai and Med flavours mix with Cornish ingredients in the upstairs restaurant while the ground-floor café turns out fish and chips and ice cream.

Café Irie Café £

(☎ 01637 859200; 38 Fore St; lunch £3-8; 9am-5.30pm Mon-Sat)

This café is famous for hot chocolate, coffee and food such as veggie wraps.

olive**Cornish sea bass with fried chillies, ginger and spring onions**35 minutes ■ Serves 4 ■ **EASY**

Cornish line-caught sea bass is sustainable and in season now. Merchant-gourmet.com sells the spiced black wine vinegar.

root ginger 3 cm piece, shredded**spring onions** 6, shredded**red chilli** 2, shredded**oil** 2 tbsp, for frying**garlic** 2 cloves, finely sliced**sea bass fillets** 4, about 180g each (or 8 if the fish are very small)**spiced black rice vinegar** 2 tbspor 1 tbsp **rice vinegar****sesame oil****coriander** a handful of leaves, roughly chopped

■ Heat 2 tbsp oil in a wok and, when it is very hot, fry the

ginger, spring onions and chilli until crisp. They should hiss and spit. Scoop them out the second they're done. Fry the garlic for a few seconds until it is light brown, then scoop out. Tip out all but a dribble of oil and add the sea bass skin-side down, 2 fillets at a time for about 4-6 minutes. Press them into the wok so they don't curl up. The skin should crisp and brown quickly and the fillets cook through. Turn them over if you need to. Keep warm while you cook the next batch.

■ Serve the fillets with the chillies, ginger and spring onions on top, drizzle over the vinegar and sesame oil and sprinkle over the coriander.

■ **PER SERVING** 282 kcals, protein 35.4g, carbs 1.2g, fat 15.1g, sat fat 2.2g, fibre 0.3g, salt 0.32g





St Ives

On a glittering bay, St Ives was once a busy pilchard-fishing harbour, but it's now the centre of Cornwall's arts scene. From the harbour, cobbled alleyways and switchback lanes lead to galleries, cafés and brasseries – an intriguing mix of boutique chic and tradition. St Ives is an essential stop on any Cornish grand tour.

■ SLEEPING

Primrose Valley Hotel £££

(☎ 01736 794939; www.primroseonline.co.uk; Porthminster Beach; doubles £105-155, suites £175-225; parking; Wi-Fi)

A swash of style on the seafront. The rooms of the Edwardian house are all different: some with a maritime theme of pine and soothing blues; others with rich fabrics, cappuccino throws and

exposed brick. It's full of spoils – therapy room, modern bar, locally sourced breakfasts – and the sea views are great.

Boskerris Hotel £££

(☎ 01736 795295; www.boskerrishotel.co.uk; Boskerris Rd; doubles £130-195; parking; Wi-Fi)

This Carbis Bay beauty is a 1930s guesthouse that has undergone a makeover. Cool monotones contrast with bespoke wallpaper, artful scatter cushions, shell-shaped chandeliers and curvy lamps. Bay views extend in grandstand style from the floaty patio.

Treliska B&B ££

(☎ 01736 797678; www.treliska.com; 3 Bedford Rd; doubles £60-80; Wi-Fi)

The smooth decor is attractive – chrome taps, wooden furniture, cool sinks – but what really sells this B&B is the position, literally steps from St Ives' centre.

Organic Panda B&B ££

(☎ 01736 793890; www.organicpanda.co.uk; 1 Pednolver Tce; doubles £80-120; Wi-Fi)

Sleep with a clear conscience at this elegant B&B, run along all-organic lines. Spotty cushions, technicolour artwork and timber-salvage beds keep the funk factor high, and local artists showcase their works on the walls.

11 Sea View Terrace B&B ££

(☎ 01736 798440; www.11stives.co.uk; 11 Sea View Tce; doubles £100-120; parking)

Creams, checks and cappuccino carpets distinguish this chic B&B. The two front rooms have lovely town and sea views, while the rear one overlooks a garden patio. For more space, there's a smart holiday flat (£500 to £925 per week).

■ EATING

Porthminster Beach Café Bistro **££**

(☎ 01736 795352; www.porthminstercafe.co.uk; Porthminster Beach; lunch £10.50-16.50, dinner £10-22; 9am-10pm)

Winner of a survey to find Britain's top coastal café, this boasts a Riviera vibe, suntrap patio and seasonal menu, from Provençal fish soup to pan-fried scallops.

Alba Restaurant **££**

(☎ 01736 797222; Old Lifeboat House; mains £11-18; lunch & dinner)

Split-level sophistication next to the lifeboat house, serving some of the best seafood this side of Padstow. Locals bag tables 5, 6 or 7 for their gorgeous views.

Loft Restaurant **££**

(☎ 01736 794204; www.theloftrestaurantandterrace.co.uk; Norway Ln; dinner £10.95-19.95; lunch & dinner)

From a fishing net loft behind the Sloop Craft Centre, window tables peep out over slate rooftops. Solid seafood, locally sourced meat, Cornish game... lovely.

Blas Burgerworks Café **£**

(☎ 01736 797272; www.blasburgerworks.co.uk; The Warren; burgers £5-10; dinner Tue-Sun)

A pocket-sized joint but a big reputation: sustainable sourcing, eco-packaging and wacky burgers earn it a loyal following. Traditionalists go for the 6oz, 100%-beef Blasburger; veggies plump for a ginger, coriander and chilli tofuburger.

Onshore Pizza **££**

(☎ 01736 796000; The Wharf; pizzas £8-16; lunch & dinner)

Woodfired, award-winning pizza, with fab harbour views from the front deck.

Zennor

For one of Cornwall's most stunning drives, follow the B3306 coast road from St Ives to this windswept village. It's essentially a collection of cottages that surround a medieval church, St Senara.

■ EATING & DRINKING

Tinner's Arms Pub **£**

(☎ 01736 792697; lunch £7-10)

DH Lawrence's local while he lived in Zennor: a classic Cornish inn with a rambling main bar under a slate roof.

Mousehole

Mousehole (pronounced mowzle) was once at the heart of the pilchard industry. With slate-roofed cottages around a picturesque harbour, it's one of Cornwall's most appealing villages, but lots of second homes mean the area is deserted out of season. A local delicacy is 'stargazy pie', in which fish-heads poke through the crust. It's eaten on Tom Bawcock's Eve (23 December), named after a lad who reputedly rescued the town from famine by braving stormy seas to land a bumper haul of pilchards.

■ SLEEPING

Old Coastguard Hotel **££**

(☎ 01736 731222; www.oldcoastguardhotel.co.uk; doubles £140-210)

A swish seaside hotel with jaw-dropping sea views. The sunlit restaurant (mains £10.50 to £16) looks out over the bay and specialises in fantastic seafood.

Penzance

Stretching along the glittering sweep of Mount's Bay, Penzance has been the last stop on the main railway line from London since the days of the Great Western Railway. With its hotchpotch of winding streets, old shopping arcades and grand seafront promenade, Penzance is much more authentic than the polished-up, prettified towns of Padstow and St Ives, and makes an excellent base for exploring the rest of west Cornwall and Land's End.

■ SLEEPING

Summer House B&B ££

(☎ 01736 363744; www.summerhouse-cornwall.com; Cornwall Tce; doubles £120-150; closed Nov-Mar; parking)

For a touch of Chelsea-on-Sea, visit this elegant Regency house. Pinstripes, checks and cheery colours characterise the rooms; downstairs, a Mediterranean restaurant boasts an al fresco terrace.

Abbey Hotel Hotel £££

(☎ 01736 366906; www.theabbeyonline.co.uk; Abbey St; doubles £130-200)

This superbly creaky sea-captain's house just off Chapel Street offers a tempting taste of Penzance in its 18th-century heyday. It's brimming with heritage touches – antique dressers, wonky corridors, canopied beds – and a couple of rooms even have their bathrooms tucked away in the cupboard. A divine garden out back is perfect for an early evening tipple.

Camilla House B&B ££

(☎ 01736 363771; www.camillahouse.co.uk; 12 Regent Tce; singles £37.50, doubles £75-95; parking)

One of several quality B&Bs on Regent's Terrace, this old-fashioned five-starrer stands out for its classy rooms, period features and eco-conscious stance. Enjoy fluffy bathrobes, pillow treats and views over the prom.



■ EATING

Chapel Street Brasserie Bistro **££**

(☎ 01736 350222; 13 Chapel St; mains £10-15; 10am-11pm)

Formerly Bar Coco's, this well-groomed Gallic bistro is perfect for a hearty plate of French food, from steaming bowls of mussels to rich cassoulet. The two-course prix fixe menu, served at lunch and dinner, is super value at £12.50.

Bakehouse Bistro **££**

(☎ 01736 331331; www.bakehouse-restaurant.co.uk; Chapel St; mains £8.95-19.50; lunch Wed-Sat, dinner daily)

This funky double-floored diner is down an alley, near the Chapel Street Brasserie. Seafood-lovers and veggies are catered for, but carnivores do best: copious steak choices are partnered with your choice of sauce or spicy rub.

Archie Brown's Café **£**

(☎ 01736 362828; Bread St; mains £3-10; 9.30am-5pm Mon-Sat)

A cosier wholefood café you couldn't hope to find. Having served Penzance's eco-conscious and artsy crowd for years, it shows no signs of flagging, with crispy salads, veggie quiches and carrot cake.

Honey Pot Café **£**

(☎ 01736 368686; 5 Parade St; mains £4-10; 9am-5pm Mon-Sat)

A wonderfully friendly and light-filled café, opposite the Acorn Arts Centre. It's popular for tea and cake, but also turns out tempting jacket potatoes and homemade hominy pies. Much of the food is made on site and locally sourced.

The Lizard

For a taste of Cornwall's stormier side, head for the Lizard Peninsula. Wind-lashed in winter, in summer it bristles with wildflowers, butterflies and coves perfect for a secluded swim. The Lizard used to be the centre of Cornwall's smuggling industry and was a graveyard for ships – more have come to grief on its reefs than almost anywhere else in Britain. Look out for the giant satellite dishes on Goonhilly Downs – among the world's largest, they play an important role in transatlantic telecommunications.

■ SLEEPING

Chydane B&B **££**

(☎ 01326 241232; www.chydane.co.uk; Gunwalloe; singles/doubles £50/100; parking; Wi-Fi)

This much-touted B&B teeters on the cliff edge above Gunwalloe Cove, and both rooms peep over the beach and bay (though the window in the Porthole Room is, as its name suggests, tiny).

There are local books to browse in the lounge, and a panoramic patio where the coastal vistas dazzle. The excellent Halzephron Inn is a short walk away.

Beacon Crag B&B **££**

(☎ 01326 573690; www.beaconcrag.com; d £85-95; parking; internet)

Built for a local artist, this Victorian villa above Porthleven is one of the Lizard's loveliest B&Bs. Plainly furnished rooms make the most of the house's grandstand position: craggy coastline unfurls in abundance around it.

olive Scallops with red pepper dressing

50 minutes ■ Serves 4 ■ EASY

Fat, sweet scallops are quite expensive. Buy them in the shell or freshly shelled, rather than frozen, for the best flavour. A watery scallop tends to boil rather than caramelise nicely in the pan. The amount of red pepper sauce this recipe makes will probably be too much, but leftovers are excellent tossed with some pasta and a few chopped anchovies.

cumin seeds 1 tsp, freshly ground fine

sea salt flakes 1 tsp

red peppers 3

banana shallots 2, peeled (or use 3 ordinary shallots)

garlic 2 cloves, peeled

olive oil

red wine vinegar 1-2 tbsp

king scallops 12

butter 15g

lemon 1/2, to squeeze

chives finely chopped, to garnish

■ Heat the oven to 220C/fan200C/gas7.

Mix the cumin with the salt. Set aside. Put the peppers, shallots and garlic into a small roasting dish, just big enough to hold them all. Toss everything in a little olive oil and season. Cover with foil and roast for 30 minutes until soft. Keep covered and allow to cool a little.

■ When cool enough to handle, peel and seed the peppers, then throw all the vegetables and any juices from the roasting pan into a blender. Blitz to a purée. With the motor running, add another 100ml of olive oil and red wine vinegar. Taste and season as necessary. Push the mixture through a sieve for a smoother purée and keep warm. Thin out with a little water until you have a double cream consistency.

■ Heat a non-stick frying pan to a high heat. Season the scallops on one side with cumin salt. Add a small amount of oil to the pan and add the scallops, seasoned side down. Cook for 2-3 minutes until caramelised. Turn over and cook on the other side for a further minute or 2, until they start to go golden. Add the butter, allow to brown lightly and add a squeeze of lemon juice. Baste the scallops quickly with the pan juices, then remove from the pan.

■ To serve, arrange the scallops on the red pepper dressing. Spoon the buttery cumin pan juices around the scallops, then sprinkle with chives and serve.

■ PER SERVING 403 kJals, protein 18.7g, carbs 78g, fat 33.2g, sat fat 6.2g, fibre 1.9g, salt 1.59g



■ EATING

Kota Restaurant **££**

(☎ 01326 562407; www.kotarestaurant.co.uk; Porthleven; mains £11.50-19.95; lunch Fri & Sat, dinner Mon-Sat)

Not what you'd expect to find in the rural Lizard: an adventurous fusion restaurant run by a chef with Malay, Maori and Chinese roots. Hunkering under the hefty beams of an old mill on Porthleven's harbour, Jude Kereama's restaurant serves some of Cornwall's most exotic flavours, with Szechuan, Thai and Malaysian spices all finding their way into the mix. There's a two-course menu on offer for £14 from 5.30pm to 7pm. Well worth the trip.

Halzephron Inn Pub **££**

(☎ 01326 240406; www.halzephron-inn.co.uk; Gunwalloe; mains £10.95-18.50)

Hugger-mugger inn balanced on the cliffs above Gunwalloe. Forget fancy furnishings and designer food – this is a proper old Cornish local, full of old-time charm, with proper ales, filling food and a homely atmosphere.

Lizard Pasty Shop Pasties **£**

(☎ 01326 290889; www.annspasties.co.uk; The Lizard; pasties £2.75; Tue-Sat)

Looking for Cornwall's best pasties? You should try the delicacy most associated with the region while you're there, so head for Ann Muller's shop, attached to her house near Lizard Point. The recipes are 100% authentic and the ingredients are 100% Cornish – little wonder that Rick Stein (who opened his first business in Cornwall, in 1974) has given them his seal of approval.

Falmouth

The maritime port of Falmouth sits on the county's south coast at the end of the Carrick Roads, a huge river estuary that empties into the third deepest natural harbour in the world. Falmouth's fortunes were made during the 18th and 19th centuries, when clippers, trading vessels and mail packets from across the world stopped off to unload their cargo. The town remains an important centre for shipbuilding and repairs. These days, however, it's better known for its lively nightlife and the newly built campus of the UCF (University College Falmouth), a few miles up the road in Penryn.

■ SLEEPING

Falmouth Townhouse Hotel **££**

(☎ 01326 312009; www.thefalmouthtownhouse.co.uk; Grove Place; £85-120; Wi-Fi)

The choice for the design-conscious: an elegant mansion halfway between the high street and Discovery Quay. Despite the heritage building, it has a modernist feel: slate greys, retro bits and bobs and funky scatter cushions throughout, plus walk-in showers and king-size TVs in the top-of-the-line rooms.

St Michael's Hotel Hotel **£££**

(☎ 01326 312707; www.stmichaelshotel.co.uk; Gyllyngvase Beach; rooms £129-333; parking; swimming pool)

One of a string of places along the Falmouth seafront, but St Michael's stands head and shoulders above the

rest. Comprehensive renovations have reinvented the bedrooms in gingham checks, stripes and slatted wood, giving them a feel akin to a New England beach retreat. The whole place is sprinkled with maritime touches, from portholes in the doors to a soothing palette of sea greens and bottle blues.

Hawthorne Dene Hotel B&B ££

(☎ 01326 311427; www.hawthornedenehotel.co.uk;

12 Pennance Rd; doubles £80-90; parking)

Edwardian elegance rules the roost at this family-run hotel, with its ranks of old photos and book-lined gentlemen's lounge. The antique-themed bedrooms boast springy beds, polished woods and teddy bears – most also have a sea view.

Chelsea House B&B ££

(☎ 01326 212230; www.chelseahousehotel.com; 2 Emslie Rd; doubles £63-73)

On a terrace of tucked-away B&Bs just off the seafront, the Chelsea's attractive rooms include a 'Ships and Castle' family suite, the spacious 'Pendennis' with a sea-view bay window and a minuscule 'Captain's Cabin' in the attic.

■ EATING

Cove Restaurant £££

(☎ 01326 251136; www.thecovermaenporth.co.uk; Maenporth; mains £14.25-22.50; lunch & dinner)

It's a trek to Maenporth, but you'll be happy you made the effort. This gorgeous, much garlanded modern fine diner has earned a big reputation thanks to the creative talents of head man Arty Williams, who imparts his individual spin on contemporary Brit cuisine. The pièce de résistance is the glorious beach-view deck: reserve well ahead.

Oliver's Restaurant ££

(☎ 01326 218138; 33 High St; mains £12.95-19.95; lunch & dinner Tue-Sun)

There's nothing remotely fancy about the decor at this new French-style bistro – plain pine meets plain white walls – but here simplicity is definitely a virtue. The food is classic, unfussy and impeccably presented, with the emphasis placed on essential flavours rather than cheffy flourishes. It's particularly strong on seafood.



Gylly Beach Café **££**

(☎ 01326 312884; www.gyllybeach.com; Gyllyngvase Beach; mains £10.95-15.95; breakfast, lunch & dinner)

The decked patio over Gyllyngvase is the main draw at this lively beach restaurant. It covers all bases: fry-ups and pancakes for breakfast, platters of antipasti for lunch, quality steak, seafood and pasta after dark. It's open late for drinks, too, but gets very busy.

Indaba on the Beach Restaurant **£££**

(☎ 01326 311886; www.indabafish.co.uk; Swanpool; mains £10.50-37.95; lunch daily, dinner Mon-Sat)

The former Three Mackerel has been snapped up by the folk behind Indaba Fish in Truro (01872 274700). It offers the same upmarket seafood menu, from mussels to full-blown lobster platters, with the added benefit of

a top-drawer position on the rocks above Swanpool.

Rick Stein's Fish & Chips Café **££**

(☎ 01841 532700; Discovery Quay; £6.65-10.95; 12-2.30pm & 5-9pm)

It had to happen – the Stein empire is spreading. Offering the same menu as his Padstow original (top-quality battered fish fried in beef dripping, or fish grilled in sunflower oil, both accompanied by hand-cut chips), Stein's Falmouth fish-and-chip shop also boasts a snazzy oyster bar (mains £3.50-15.50; 5-9pm) on the top floor. Pricey, mind.

Harbour Lights Café **£**

(☎ 01326 316934; www.harbourlights.co.uk; Arwenack St; 11:30am-8pm Mon-Thu & Sun, 11.30am-9pm Fri & Sat)

Falmouth's longstanding chippie is – perhaps not surprisingly – considerably cheaper than the Stein equivalent.

WORTH A TRIP**GURNARD'S HEAD**

Pubs don't get much more remote than the gorgeous **Gurnard's Head**

(☎ 01736 796928; www.gurnardshead.co.uk; lunch £5.50-12, dinner £12.50-16.50; 12.30-2.30pm & 6.30-9.30pm). It's flung six miles out along the Zennor coast road, but don't worry about missing it – it's the only building for miles around, and has its name spelled out in huge white letters on the roof. Having been taken over by renowned pub-hoteliers the Inkin brothers (who previously developed the equally swish Felin Fach Griffin near Hay-on-Wye), it's become one of Cornwall's top gastropubs. Book-lined shelves, sepia prints, scruffy wood and rough stone walls create a reassuringly lived-in feel, and the menu's crammed with cockle-warming fare – haddock and mash, spring lamb and belly pork, followed by lashings of Eton Mess or sticky marmalade pudding. If you feel like overnighting, there are country-cosy rooms (doubles without dinner £90 to £160, with dinner for two £135 to £205) upstairs with views of nothing but farms and fields.

Fowey

Nestled on the steep, tree-covered hillside overlooking the River Fowey, opposite the old fishing harbour of Polruan, Fowey (pronounced Foy) is a pretty tangle of pale-shaded houses and snaking lanes. Its long maritime history includes being the base for 14th-century raids on France and Spain; King Henry VIII built St Catherine's Castle above Readymoney Cove, south of the town. The town prospered by shipping china clay extracted from pits at St Austell, but the industrial trade has long declined and Fowey has since reinvented itself for tourists and second-home owners.

■ SLEEPING

Old Quay House Hotel £££

(☎ 01726 833302; 28 Fore St; www.theoldquayhouse.com; doubles £180-250; Wi-Fi)

The epitome of Fowey's upmarket trend, this extremely exclusive quayside hotel is all natural fabrics, rattan chairs and tasteful tones, and the rooms are a mix of estuary-view suites and attic penthouses. Very Kensington, London, and not at all Cornish.

Coriander Cottages B&B ££

(☎ 01726 834998; www.foweyaccommodation.co.uk; Penventinue Ln; rooms £90-130, cottages £130-220; parking)

A delightful cottage complex on the outskirts of Fowey, with eco-friendly accommodation in a choice of B&B garden rooms or deluxe open-plan

barns, all of which offer a gloriously quiet rural atmosphere far removed from Fowey's tourist fizz.

Fowey Marine Guest House B&B ££

(☎ 01726 833920; www.foweymarine.com; 21-27 Station Rd; singles/doubles £50/70; Wi-Fi)

Enjoy a snug room in a teeny harbour guesthouse, run by a friendly husband-and-wife team. It's especially handy for the harbour car park.

■ EATING

Sam's Bistro ££

(☎ 01726 832273; www.samsfowey.co.uk; 20 Fore St; mains £5.95-13.95; lunch & dinner)

This much-loved diner has long been a favourite of Fowey punters, but a recent refit has added both space upstairs and new premises down by Polkerris Beach. Both offer a similar 60s-retro vibe, with booth seats and big specials blackboards: the Samburgers are particularly worth a mention. No bookings.

Pinky Murphy's Café Café £

(☎ 01726 832512; www.pinkymurphys.com; 19 North St; 9am-5pm Mon-Sat, 9.30am-4pm Sun)

Cafes don't come much quirkier than this oddbod establishment, where mismatched crockery is a virtue and seating ranges from tie-dyed beanbags to patched-up sofas. Ciabattas, panini and generous platters are washed down with Pinky's Cream Tease, mugs of Horlicks and fresh-brewed smoothies.

Suffolk and Norfolk

Aldeburgh

One of the region's most charming coastal towns, this small fishing and boat-building village has an understated charm that attracts visitors back year after year. Pastel houses, independent shops, galleries and ramshackle fishing huts selling 'fresh from the net' catch line the high street, while a shingle beach stretches along the shore, offering tranquil big-sky views. Though popular, the town remains defiantly unchanged, with a low-key atmosphere and a great choice of food and accommodation.

■ SLEEPING

Ocean House B&B **££**

(☎ 01728 452094; www.oceanhousealdeburgh.co.uk;

25 Crag Path; singles/doubles £70/90)

Right on the seafront and with only the sound of the waves to lull you to sleep at night, this beautiful Victorian guesthouse has wonderfully cosy, period-style rooms. Expect pale pastels, subtle florals and tasteful furniture, and the sound of classical music wafting from the rooms occupied by visiting music students. There's a baby grand piano on the top floor, a gaily painted rocking horse and bikes to borrow.

Number Six B&B **££**

(☎ 01728 454226; www.numbersixaldeburgh.co.uk;

6 St Peters Rd; doubles £95; parking)

Guests can stay on the self-contained



second floor of this New England-style home, where you'll find a spacious bedroom, kitchenette and a private lounge with balcony and sea views. There's also the option of a second 'secret' adjoining room for children or friends. The décor is cosy contemporary with lots of attention to detail and loads of space.



Dunan House B&B ££

(☎ 01728 452486; www.dunanhouse.co.uk; 41 Park Rd; rooms £75-85; parking; Wi-Fi)

Set off the street in lovely gardens, this charming B&B has individually styled rooms contemporary and traditional elements mixed to good effect. Friendly hosts and breakfasts of local, wild and homegrown produce make it a real treat.

Toll House B&B ££

(☎ 01728 453239; www.tollhousealdeburgh.com; 50 Victoria Rd; singles/doubles £65/80; parking)

Small but immaculate rooms.

Brudenell Hotel £££

(☎ 01728 452071; www.brudenellhotel.co.uk; The Parade; singles/doubles from £105/188)

A comfortable and modern hotel.

■ EATING

Regatta Restaurant Seafood ££

(☎ 01728 452011; www.regattaaldeburch.com; 171 High St; mains £11-18.50; noon-2pm & 6-10pm)

Good ol' English seaside food is given star treatment at this sleek, contemporary restaurant where local fish is the main attraction. The celebrated owner-chef supplements his wonderful seafood with meat and vegetarian options and regular gourmet nights. Book ahead.

Lighthouse Modern European ££

(☎ 01728 453377; www.lighthouserestaurant.co.uk; 77 High St; mains £10-15)

This unassuming bistro-style restaurant is a fantastic place to dine, with wooden tables and floors, a menu of simple but sensational international dishes, and a relaxed and friendly atmosphere. Despite the excellent food and accolades piled upon it, children are very welcome.

Munchies Café £

(☎ 01728 454566; www.aldeburchmunchies.co.uk; 163 High St; dishes £3-7; 8am-5pm)

For lunch, a coffee or picnic supplies, Munchies serves excellent locally sourced goodies such as crayfish and hot smoked salmon sandwiches, crab salads and luscious cakes.

Fish and Chip Shop Take Away £

(226 High Street; fish & chips £4-5; noon-2pm & 5-8pm Mon-Sat, noon-7pm Sun)

Aldeburgh has a reputation for fine fish and chips, and this place often has a queue coming right out onto the street.

olive

Crab and cheese toasts

15 minutes ■ Serves 4 ■ EASY

farmhouse or sourdough bread

4 big slices

cooked crab 1, white and brown meat separated (you can use a prepared, dressed crab for this)

red chilli 1 small, diced

coriander 1 tbsp, chopped

crème fraîche 1 tbsp

egg yolk 1

parmesan 30g, grated

lime 1, juiced

small basil leaves to serve

■ Toast the bread under the grill on both sides. Spread an even layer of brown crabmeat on top of each slice. Mix the white crab meat with the chilli, coriander, crème fraîche, egg yolk and parmesan. Season with salt, pepper and lime juice.

■ Generously top the toasts with the mixture and grill for a few minutes until golden and bubbling. Remove and decorate with the basil leaves.

■ PER SERVING 275 kcals, protein 14.3g, carbs 38.3g, fat 8.3g, sat fat 3.2g, fibre 2.9g, salt 1.26g



Southwold

Southwold is the kind of genteel seaside resort where beach huts cost an arm and a leg (upwards of £100,000 in some cases if local estate agents are to be believed) and the visitors are ever so posh. Its reputation as a well-heeled holiday getaway has earned it the nickname 'Kensington-on-Sea' after the upmarket London borough, and its lovely sandy beach, pebble-walled cottages, cannon-dotted clifftop and rows of beachfront bathing huts are all undeniably picturesque. Over the years the town has attracted many artists, including J.M.W. Turner, Charles Rennie Mackintosh, Lucian Freud and Damien Hirst. However, this down-to-earth town also has a traditional pier, boat rides, fish and chips and its very own brewery.

You can also tour (£10) the town's brewery, Adnams (adnams.co.uk). The one-hour tour is followed by a 30-minute tutored beer tasting. They take place daily in high season but at unpredictable times, so check the website for details.

■ SLEEPING & EATING

Sutherland House Hotel **£££**

(☎ 01502 724544; www.sutherlandhouse.co.uk; 56 High St; doubles £140-220; parking; Wi-Fi)

Set in a beautiful 15th-century house dripping with character and period features, this small hotel has just three rooms featuring pargeted ceilings,

exposed beams and elm floorboards but is decked out in sleek, modern style. The top-notch menu (mains £10 to £17) specialises in local food, and shows how many miles the principal ingredient in each dish has travelled. The "Norfolk goats cheese" served with walnut pesto and roasted beetroot, for example, has clocked up 10 miles.

Swan Hotel **£££**

(☎ 01502 722186; adnams.co.uk/stay-with-us/the-swan; Market Sq; singles/doubles from £95/135)

There's a timeless elegance to the public rooms at the Swan, where large



fireplaces, grandfather clocks and old-fashioned lamps induce a kind of soporific calm. You can choose between similarly period-style rooms or the newly refurbished lighthouse rooms with their garden views. The atmospheric restaurant serves a mainly fishy menu (mains £14 to £20).

Gorse House B&B **EE**

(☎ 01502 725468; www.gorsehouse.com; 19B Halesworth Rd, Reydon; doubles from £65; parking)

A 10-minute walk from the seafront but well worth the effort, this lovely B&B is one of the best in the area. The two

rooms are decorated in contemporary style with subtle-patterned wallpapers, silky throws and flatscreen TVs.

Coasters Modern British **EE**

(☎ 01502 724734; www.coastersofsouthwold.co.uk;

12 Queen St; mains £8-15; closed Mon)

Right on the main drag, this unassuming restaurant has a great reputation and a loyal local following. The menu is short but sweet, and every dish is memorable. On top of the main meals are a range of tapas for quick snacks, and sandwiches and cakes for a light lunch. Book ahead for evening meals.



Holkham

The pretty village of Holkham is well worth a stop for its imposing stately home, for its incredible stretch of beach and for the pleasure of walking picturesque streets lined with elegant buildings. The main draw here is the grand Palladian mansion Holkham Hall (www.holkham.co.uk), set in a vast deer park designed by Capability Brown. But, for many, the main delight is the pristine, three-mile beach that meanders along the Holkham Gap shore. Regularly voted one of Britain's best, it's a popular spot with walkers. The vast expanse of sand swallows people up and gives a real sense of isolation, with giant skies stretching overhead. The only place to park for access to the beach is Lady Anne's Drive (parking up to £5).

■ SLEEPING & EATING

Marsh Larder Tearoom £

(Main Rd; 10am–5pm)

Recover after a jaunt on the beach with tea or a snack at this popular spot, set in the stunning Ancient House.

The Victoria Modern British ££

(☎ 01328 713230; www.holkham.co.uk/victoria; Park Rd; mains £12–18; rooms £125–560)

The menu here is modern English with an emphasis on local ingredients. The Victoria also has a choice of quirky but extremely plush rooms, with exotic fabrics, eclectic bric-a-brac and a relaxed, colonial feel. You'd be well advised to book ahead.

Burnham Deepdale

In-the-know backpackers and walkers flock to this lovely coastal spot, with its tiny twin villages of Burnham Deepdale and Brancaster Staithe strung along a rural road. It's stroked by the beautiful Norfolk Coastal Path, surrounded by beaches and reedy marshes, alive with birdlife, criss-crossed by cycling routes and a base for a host of water sports.

■ SLEEPING & EATING

Deepdale Farm Hostel £

(☎ 01485 210256; www.deepdalefarm.co.uk; site per adult/child £9/5, dormitories/twin rooms £13.50/56, 2/6-person tepees £80/114; parking; internet; Wi-Fi)

This eco-friendly backpackers' haven has spotless en suite rooms set in converted 17th-century stables. There's also camping space and Native American-style tepees and Mongolian yurts. There's a large kitchen and lounge, picnic tables, a barbecue, and a laundry and café next door. It's a popular spot, so be sure to book ahead.

White Horse Gastropub ££

(☎ 01485 210262; www.whitehorsebrancaster.co.uk; mains £10–14, singles/doubles from £95/130; parking; internet)

Just west of Deepdale Farm is this award-winning gastropub, with a menu strong on seafood. It also has light, fresh, New England-style guest rooms, but it lacks a little soul and some rooms have terraces overlooking the car park.

Around Burnham Deepdale

Littered with pretty villages and a host of ancient watering holes, boutique hotels and gastropubs, this part of the Norfolk coast is one of the most appealing.

In the oh-so-fashionable Georgian town of Burnham Market (www.burnhammarket.co.uk), you'll find plenty of elegant old buildings, flint cottages, delis and independent retailers. It's an excellent base, with a trio of accommodation options to suit any taste.

Continue west along the coast road to the village of Thornham for a choice of great places to eat.

■ SLEEPING & EATING

The Hoste Arms – and its sister properties, the Vine House and the Railway Inn – offer everything from over-the-top classical rooms with swags and florals to trendy, contemporary suites with bold wallpaper, luscious fabrics and mountains of towels.

The Hoste Arms Hotel ££

(☎ 01328 738777; www.hostearms.co.uk; The Green; doubles £118-234; parking)

The Vine House Hotel ££

(☎ 01328 738777; www.hostearms.co.uk/Vine; The Green; doubles £145-207)

The Railway Inn Hotel ££

(☎ 01328 738777; www.hostearms.co.uk/Railway; The Green; singles/doubles £78/94)

Titchwell Manor Hotel £££

(☎ 01485 210221; www.titchwellmanor.com;

Titchwell; doubles £130-250, mains £10-18; parking; internet)

Just past Burnham Deepdale, you come to Titchwell – home to Titchwell Manor, a slick contemporary hotel set in a grand Victorian house. The conservatory restaurant serves modern English cuisine, and there's a large garden loved by visiting children.

The Orange Tree Pub ££

(☎ 01485 512213; www.theorangetreethornham.co.uk; High St; mains £10-19)

Right by the road is the Orange Tree, an old-world pub with a modern interior. The food here is excellent and the seafood in particular is worth a detour. There's a garden with a playground for children and a selection of newly refurbished bedrooms (doubles from £99).

The Lifeboat Inn Pub ££

(☎ 01485 512236; www.lifeboatinn.co.uk; Ship Lane; three-course dinner £29)

Hidden from traffic on Thornham's back road is the Lifeboat Inn, a 16th-century pub laden with character and famous for its traditional food.

The Yurt Rustic £

(☎ 01485 525108; www.theyurt.co.uk; Drove Orchards; mains £8.50-12.50; closed dinner Sun & Mon)

Just west of Thornham is the Yurt: a restaurant in, er, a yurt. The food is all local, with doorstep sandwiches and wholesome salads at lunch and hearty fish, meat and game dishes for dinner.

olive Fish pie

2 hours ■ Serves 2 ■ **EASY**

Look for fish labelled as being from a sustainable source.

whole milk 500ml
black peppercorns 4
parsley stalk 1
bay leaf 1
cod fillet 250g
undyed smoked haddock 250g
butter 50g, plus some for the top
plain flour 1 rounded tbsp
potatoes 600g, peeled and cut into quarters
spring onions 4, finely chopped
North Atlantic cooked peeled prawns 100g
eggs 2, hard-boiled and roughly chopped
parsley a handful, chopped

■ Heat the oven to 190C/fan 170C/gas 5. Bring 450ml of the milk, the peppercorns, parsley stalk and bay leaf to boil. Lower the heat, then add the cod and smoked haddock. Cover and gently poach for about 8 minutes or until just cooked. Remove the fish from the pan and strain the milk.

■ Melt half the butter, stir in the flour and cook for 30 seconds. Stir in the strained milk and bring to the boil, stirring as you go. Reduce heat to a very gentle simmer for about 10 minutes. Meanwhile, cook the potatoes, drain, mash until smooth and add the remaining butter and milk, and the spring onions. Season and set aside.

■ Skin the fish. Flake into chunks and add to the white sauce with the prawns and egg. Season, and add the parsley. Divide between 2 ovenproof dishes, top with the mash and dot with butter. Cook for 40-45 minutes or until the top is golden and the filling is bubbling.

■ *PER SERVING 996kcal, protein 81.7g, carbs 7.3g, fat 43.8g, sat fat 24g, fibre 4.7g, salt 4.5g*



Yorkshire

Bridlington

Bridlington is one of those sleepy seaside resorts that seems to have been bypassed by the 21st century. A crowd of contented regulars return year after year to enjoy the neatly groomed beaches of golden sand, the mini-golf and paddling pool, the deckchairs and donkey rides.

■ EATING & DRINKING

Audrey's Fish & Chips Fish & Chips £

(☎ 01262 671920; 2 Queen St; mains £4-6; lunch)

Bridlington is famous for this old-school fish-and-chip restaurant that serves superbly crisp battered haddock fried in beef dripping – the real deal.

Seasalt and Passion Health Food £

(☎ 01262 671117; www.seasaltandpassion.co.uk; 22 West St; mains £5-6; breakfast & lunch Tue-Sat)

For something more contemporary, try this health food café, offering dishes such as chestnut and cashew fritters with salad and yoghurt dressing.

Scarborough

Scarborough is where the whole tradition of English seaside holidays began – and earlier than you might think. In the 1660s, a book promoting the medicinal properties of a local spring (now the site of Scarborough Spa) pulled in a flood of visitors. A belief in the health-giving effects of seawater saw wheeled bathing carriages appear on the beach in the 1730s and, with the arrival of the railway in 1845, Scarborough's fate was sealed. By the time the 20th century rolled in, it was all donkey rides, fish and chips, boat trips round the bay



and seaside rock, with saucy postcards, kiss-me-quick hats and blokes with knotted hankies on their heads just a decade or two away. As well as the usual seaside attractions, the town offers excellent coastal walking, a geology museum, one of Yorkshire's most impressively sited castles, and a theatre that is the home base of Alan Ayckbourn, most of whose plays premiere here.

■ SLEEPING

Hotel Helaina B&B ££

(☎ 01723 375191; www.hotelhelaina.co.uk; 14 Blenheim Tce; rooms £54-92; Wi-Fi)

You'd be hard pushed to find a place with a better sea view than this elegant guesthouse on the clifftop overlooking North Beach. And the view inside the rooms is pretty good too, with sharply styled contemporary furniture and cool colours. The standard rooms are a touch on the small side – it's well worth splashing out on the deluxe sea-view room with the bay window.

Windmill B&B ££

(☎ 01723 372735; www.windmill-hotel.co.uk; Mill St; twins/doubles from £75/85; parking) Quirky doesn't begin to describe this



place – a beautifully converted 18th-century windmill in the middle of town. There are tight-fitting but comfortable doubles around a cobbled courtyard, but try to get the balcony suite (£120 a night) in the upper floors of the windmill itself, with great views from the wrap-around balcony.

Wrea Head Country House Hotel **£££**

(☎ 01723 378211; www.englishrosehotels.co.uk; Barmoor Lane, Scalby; singles/doubles from £110/180; parking)

This fabulous country house, about two miles north of the centre, is straight out of *The Remains of the Day*. The 20 individually styled rooms have canopied four-poster beds, plush fabrics and delicate furnishings, while the leather couches in the bookcased, wood-heavy lounges are tailor-made for important discussions over cigars and brandy. Check the website for special rates that can be as low as half the rack rate.

■ **EATING**

Marmalade's Brasserie **££**

(☎ 01723 365766; www.beiderbeckes.com; 1-3 The Crescent; mains £11-17; lunch & dinner)

The stylish brasserie in Beiderbecke's Hotel – cream and chocolate colours, art with a musical theme, and cool jazz in the background – has a menu that adds a gourmet twist to traditional dishes such as cider-braised belly pork with mustard mash and onion gravy, lavender-crusted rack of lamb, and smoked fish pie with sautéed greens.

olive

Fish and chips

30 minutes + chilling time ■ Serves 4

■ **A LITTLE EFFORT**

Italian '00' flour 100g, and extra for dusting

self-raising flour 50g

ice cubes for chilling

ale or **lager** 250ml, chilled

potatoes 6 large, cut into thick chips

white fish fillets 500g (sustainable)

oil for deep-frying

■ Put both flours in a deep bowl set over a bowl of ice and water. Whisk in enough beer to make a batter with the consistency of double cream. Leave the batter over the bowl of ice – or in the fridge – to chill it. The colder the batter, the crisper the result.

■ Meanwhile, cook the potatoes in a steamer set over a pan of simmering water for 10-15 minutes until tender. This will make nice dry, cooked potato that won't spit too much in the oil.

■ Cut the fish into thick strips – they cook quicker than fillets and this will stop your batter absorbing too much oil. Heat a deep pan one third full with oil until a cube of bread browns in 20 seconds. Cook the chips for 5-7 minutes or until golden brown and crisp. Salt well and keep warm while you cook the fish.

■ Dip the fish in flour, then in the batter, before sliding it into the hot oil. Cook for about 5 minutes or until the batter is golden and crisp. Cook in batches so you don't lower the temperature of the oil.

■ **PER SERVING** 771 kcal, protein 31.6g, carbs 71.4g, fat 40.5g, sat fat 4.8g, fibre 4.3g, salt 0.74g

A close-up photograph of a plate of fish and chips. The fish is a large, golden-brown battered piece, possibly a haddock or cod, resting on a white paper liner. Beside it is a generous portion of thick-cut, golden-brown potato chips. A small garnish of green leafy herbs and a slice of lemon are placed next to the chips. The plate is set on a dark blue tablecloth. In the background, a dark bottle and a pink object are visible but out of focus.

YORKSHIRE

The Glass House Café & Bistro £

(☎ 01723 368791; www.glasshousebistro.co.uk; Burniston Rd; mains £4-8; café breakfast & lunch daily, bistro dinner Fri & Sat; mains £11-16; Wi-Fi)

Homemade lasagne, steak-and-ale pie and filled baked potatoes pull in crowds at this appealing café beside the start of the North Bay Railway. The bistro menu ranges from sesame-crusted tuna steak with soy and lime dressing to pan-fried venison with red-wine gravy. Reservations recommended for dinner.

Lanterna Italian £££

(☎ 01723 363616; www.lanterna-ristorante.co.uk; 33 Queen St; mains £15-21; dinner Mon-Sat)

A snug, old-fashioned trattoria that specialises in fresh local seafood (such as lobster, from £32) and Italian classics like stufato de ceci (chickpea stew with oxtail) and white-truffle dishes in season (October to December). The chef uses Yorkshire produce and delicacies from the old country, including truffles, olive oil, prosciutto and a range of cheeses.

Golden Grid Seafood ££

(☎ 01723 360922; www.goldengrid.co.uk; 4 Sandside; mains £7-18; lunch & dinner) Whoever said fish and chips can't be eaten with dignity hasn't tried this sit-down fish restaurant that has served the best cod in Scarborough since 1883. With starched white tablecloths and white aprons, it's staunchly traditional, as is the menu. As well as fish and chips, there's freshly landed crab, lobster, prawns and oysters, sausage and mash, liver and bacon, and steak and chips.

Whitby

Whitby is a town of two halves, split down the middle by the mouth of the River Esk. It's also a town with two personalities – on the one hand a busy commercial and fishing port with a bustling quayside fishmarket; on the other, a traditional seaside resort, complete with sandy beach, amusement arcades and promenading holidaymakers slurping ice-cream cones in the sun. It's the combination of these two facets that makes Whitby more interesting than your average resort. The town has managed to retain much of its 18th-century character, recalling the time when James Cook – Whitby's most famous adopted son – was making his first forays at sea on his way to becoming one of the best-known explorers in history. The narrow streets and alleys of the old town hug the riverside; now lined with restaurants, pubs and cute little shops, all with views across the handsome harbour where colourful fishing boats ply to and fro. Keeping a watchful eye over the whole scene is the atmospheric ruined abbey atop the East Cliff.

■ SLEEPING**Marine Hotel** £££

(☎ 01947 605022; www.the-marine-hotel.co.uk; 13 Marine Pde; rooms £150)

Feeling more like mini-suites than ordinary hotel accommodation, the four bedrooms at the Marine are quirky, stylish and comfortable – the sort of



place that makes you want to stay in rather than go out. Ask for one of the two rooms that have a balcony – they have great views across the harbour.

Langley Hotel B&B **££**

(☎ 01947 604250; www.langleyhotel.com; 16 Royal Cres; singles/doubles from £70/100; parking; Wi-Fi)

With a cream-and-crimson colour scheme, and a gilt four-poster bed in one room, this grand old guesthouse exudes a whiff of Victorian splendour. Go for room 1 or 2, if possible, to make the most of the panoramic views from West Cliff.

Shepherd's Purse Guest House **££**

(☎ 01947 820228; www.theshepherdspurse.com;

95 Church St; rooms £55-70)

This place combines a beads-and-baubles boutique with a wholefood shop and guesthouse in the courtyard at the back. The plainer rooms share a bathroom and are perfectly adequate, but we recommend the rustic en-suite bedrooms situated around the courtyard; the four-poster beds feel a bit like they've been shoehorned in, but the atmosphere is cute rather than cramped. (Breakfast is not provided.)



■ EATING

Green's Seafood British ££

(☎ 01947 600284; www.greensofwhitby.com; 13 Bridge St; bistro mains £10-19, restaurant 2-/3-course dinner £34/41; lunch & dinner Mon-Fri)

The classiest eatery in town is ideally situated to take its pick of the fish and shellfish freshly landed at the harbour. Grab a hearty lunch in the ground floor bistro (moules-frites, sausage and mash, fish and chips) or head to the upstairs restaurant for a sophisticated dinner.

Moon & Sixpence Brasserie ££

(☎ 01947 604416 or 01947 605022; www.moon-and-sixpence.co.uk; 5 Marine Pde; mains £10-18; breakfast, lunch & dinner)

This brasserie and cocktail bar has a prime position, with views across the

harbour to the abbey ruins. The seafood-dominated menu ranges from hearty winter warmers such as chunky vegetable soup and fish pie, to more sophisticated dishes like a half-dozen oysters *au naturel* and seared scallops with black pudding.

The Magpie Café Seafood ££

(☎ 01947 602058; www.magpiecafe.co.uk; 14 Pier Rd; mains £9-18; lunch & dinner)

The Magpie flaunts its reputation for the 'World's Best Fish and Chips'. Damn fine they are too, but the world and his dog knows about it and, in summer, queues can stretch along the street. Fish and chips from the takeaway counter cost £5; the sit-down restaurant is dearer, but offers a range of seafood dishes, from grilled sea bass to paella.



Humble Pie 'n' Mash Pies £

(☎ 07919 074 954; www.humblepienmash.com; 163 Church St; mains £5; lunch daily, dinner Mon-Sat)

On the site of a Victorian confectionery and bakery, this super shop offers superb homemade pies. Fillings range from lamb, leek and rosemary to roast veg and goat's cheese, served in a cosy, timber-framed cottage.

Trenchers Restaurant Fish & Chips ££

(☎ 01947 603212; www.trenchersrestaurant.co.uk; New Quay Rd; mains £10-15; lunch & dinner)

Trenchers serves top-notch fish and chips minus the 'World's Best' tagline – this place is your best bet if you want to avoid the queues at The Magpie Café (don't be put off by the modern look).



Around Whitby

Picturesque Robin Hood's Bay (www.robin-hoods-bay.co.uk) has nothing to do with the hero of Sherwood Forest – the origin of the name is a mystery, and the locals call it Bay Town, or just Bay. But there's no denying that this fishing village is one of the prettiest spots on the Yorkshire coast. Leave your car at the parking area in the upper village, where 19th-century ship's captains built comfortable Victorian villas, and walk downhill to Old Bay (don't even think about driving down). This maze of narrow lanes and passages is dotted with tearooms, pubs, craft shops and artists' studios – there's even a tiny cinema – and at low tide you can go on the beach and fossick around in the rock pools.

■ EATING & DRINKING

Ye Dolphin Pub £

(☎ 01947 880337, King St)

There are several pubs and cafés, but this is the best for ambience and real ale.

Swell Café £

(☎ 01947 880180; www.swell.org.uk; The Old Chapel, Chapel St; mains £4-7; breakfast & lunch)

This café does great coffee and has a terrace with a view over the beach.

olive

Mackerel with lemon salsa

30 minutes + marinating

■ Serves 4 ■ EASY

Sustainable mackerel is one of the easier fish to find. Look for the MSC stamp when buying.

lemon 1, halved

olive oil

garlic 1 clove, crushed

green olives a handful, pitted and quartered

parsley a handful

mackerel 4, gutted and cleaned

■ Squeeze the juice from the lemon and save it. Halve the lemon again, then scrape out and discard the flesh. If there's a thick pith on the peel, slice away half. Cut the peel into dice.

■ Heat a little oil in a pan, add the lemon and stir until it starts to caramelise around the edges. Tip into a bowl and add the garlic and olives. Add more olive oil and a little lemon juice and season. Leave to sit for 2 hours. Then stir in the parsley.

■ Cut slashes in each side of the fish and barbecue for about 4 minutes each side. Serve with the lemon salsa.

■ PER SERVING 483 kcals, protein 34.2g, carbs 0.5g, fat 38.2g, sat fat 7.2g, fibre 0.5g, salt 0.79g



Kent & Sussex

Whitstable

Best known for its succulent oysters – harvested here since Roman times – charming Whitstable has morphed into a popular destination for weekenders, attracted by the shingle beach, candy-coloured beach huts and weatherboard houses. It has, however, retained the character of a working fishing town. The thriving harbour and fish market coexist with boutiques, organic delis and swanky restaurants. In recent years, campaigns by steadfast locals have kept some of the biggest names of the retail world out, preserving the town's eccentric, artisanal air.

KENT & SUSSEX

FESTIVALS & EVENTS

Late July's week-long Whitstable Oyster Festival (www.whitstableoysterfestival.co.uk) offers a packed menu of events, from history walks, crab-catching and oyster-eating contests to a beer festival and traditional 'blessing of the waters'.

SLEEPING

Pearl Fisher B&B **EE**

(☎ 01227 771000; www.thepearlfisher.com; 103 Cromwell Rd; singles/doubles £60/90; parking)

A few minutes from the high street in a residential area, this has comfortable, themed rooms and plenty of thoughtful touches, such as night caps and bedtime pillow chocolates. The welcome is warm and the breakfasts are top-quality.



Hotel Continental Hotel **EE**

(☎ 01227 280280; www.hotelcontinental.co.uk; Beach Walk; singles/doubles/huts from £62.50/85/130; parking)

The rooms in this elegant seaside art-deco building are nothing special – come for the quirky converted fishermen's huts right on the beach. These must be booked well in advance.

EATING & DRINKING

Oysters are harvested from September to April. An EU Protected Geographical Indication status means a Whitstable oyster is just that, and not an import.



Wheeler's Oyster Bar Oyster Bar £££

(☎ 01227 273311; 8 High St; mains £17-22; lunch & dinner Thu-Tue)

Squeeze onto a stool by the bar or into the Victorian four-table dining room of this baby-blue and pink restaurant, choose from a seasonal menu and enjoy the best seafood in town. They know their stuff – they've been serving oysters since 1856. Bookings recommended.

Crab & Winkle Seafood ££

(☎ 01227 779377; www.crabandwinklerrestaurant.co.uk; South Quay, the Harbour; mains £9.50-22.95; lunch & dinner Mon-Sat, lunch Sun)

Above Whitstable Fish Market in a black clapboard house, this bright restaurant has large windows with harbour views, a buzzing vibe and excellent seafood with a few options for meat lovers thrown in.

The Old Neptune Pub £

(☎ 01227 272262; www.neppy.co.uk; Marine Tce)

As far onto the beach as is possible (the building has been washed away several times), this famous and ramshackle pub has outdoor tables, wonky wooden floorboards, window seats and even a honky-tonk piano in the corner. There's regular live music and a friendly vibe.

Brighton & Hove

Raves on the beach, Graham Greene novels, Mods and Rockers in bank holiday fisticuffs, hens and stags on naughty weekends, classic car runs from London, the UK's biggest gay scene and the Channel's best clubbing – this city by the sea evokes many images among the British. It has easily the best choice of eateries on the south coast, with cafés, diners and restaurants to fulfil every whim. It's also one of the UK's best destinations for vegetarians, with innovative meat-free menus that are terrific value for anyone on a tight budget. And one thing is for certain: with its bohemian, cosmopolitan, hedonistic vibe, Brighton is where England's seaside experience goes from cold to cool.

■ SLEEPING

Neo Hotel Boutique Hotel ££

(☎ 01273 711104; www.neohotel.com;
19 Oriental Pl; doubles from £100; Wi-Fi)

The owner of this gorgeous hotel is an interior stylist, and the nine rooms could have dropped straight from the pages of a design magazine; each finished in rich colours and tactile fabrics, with bold floral and Asian motifs and black-tiled bathrooms. Kick back in satin kimono robes and watch a DVD on your wafer-thin TV, or indulge in massage and beauty treatments. Wonderful breakfasts include homemade smoothies and fruit pancakes.

Snooze Hotel ££

(☎ 01273 605797; www.snoozebrighton.com;



www.snoozebrighton.com; 25 St George's Tce; singles/doubles from £60/85; internet; Wi-Fi)

This eccentric Kemptown pad is very fond of retro styling. Rooms feature vintage posters, bright 60s and 70s patterned wallpaper, flying wooden ducks, floral sinks and mad clashes of colour. It's more than just a gimmick though – rooms are comfortable and spotless, and there are great veggie breakfasts. You'll find it just off St James' St, about 500m east of New Steine.



Paskins Town House B&B **££**

(☎ 01273 601203; www.paskins.co.uk;
18/19 Charlotte St; doubles from £60;
internet; Wi-Fi)

This B&B is spread between two elegant townhouses. It prides itself on using ecofriendly products like recycled toilet paper, biodegradable cleaning materials and low energy bulbs. The rooms are individually designed, and excellent organic and vegetarian breakfasts are served in art deco-style surroundings.

Drakes Boutique Hotel **£££**

(☎ 01273 696934; www.drakesofbrighton.com; 43-44 Marine Pde; rooms £105-275;
parking; internet; Wi-Fi)

Drakes oozes understated class: it's a stylish, minimalist boutique hotel that eschews the need to shout its existence from the rooftops (you could easily miss it). Feature rooms have giant free-standing tubs in front of full-length bay windows, with stunning views out to sea. It has a cocktail lounge and restaurant.

Blanch House Boutique Hotel £££

(☎ 01273 603504; www.blanchhouse.co.uk;
17 Atlingworth St; rooms £100-230;
internet; Wi-Fi)

Themed yet not tacky rooms are the name of the game in this boutique hotel: plush fabrics and a Victorian roll-top bath rule in the 'Decadence' suite, while the 'Snowstorm' room is a frosty vision in white and tinkling ice. There's a stylish fine dining restaurant here – all white leather banquettes and space-age swivel chairs – and an excellent cocktail bar. No wonder it's the hotel of choice for celebs in transit. To reach it from New Steine, walk 150m east along St James' St, then turn right into Atlingworth St.

Hotel Pelirocco Theme Hotel ££

(☎ 01273 327055; www.hotelpelirocco.co.uk; 10 Regency Sq; singles £50-65, doubles £95-130, suites from £230; internet; Wi-Fi)

One of Brighton's first theme hotels, this is sexy, nutty and the ultimate venue for a flirty weekend in style. There's a range of flamboyantly designed rooms – some by artists, some by big-name sponsors – from Betty's Boudoir (leopard skin throws and a big-enough-for-two bath) to the Play Room (a circular bed, mirrored ceiling and pole-dancing area).

myhotel Design Hotel ££

(☎ 01273 900300; www.myhotels.com;
17 Jubilee St; rooms from £94; parking,
internet, Wi-Fi)

With rooms like space-age pods – full of curved white walls, floor-to-ceiling observation windows and suspended flatscreen TVs, with the odd splash of

olive**Bloody Mary oysters**

20 minutes ■ Serves 4 ■ **EASY**

The spicy flavours of this classic cocktail marry well with freshly shucked, briny oysters. If you're not handy with an oyster shucker, the fishmonger will prep them for you, or you'll find full instructions on bbcgoodfood.com. Keep them chilled and eat within a couple of hours.

tomato juice 250ml

vodka 3 tbsp

celery salt ½ tsp

Tabasco sauce

Worcestershire sauce

fino sherry

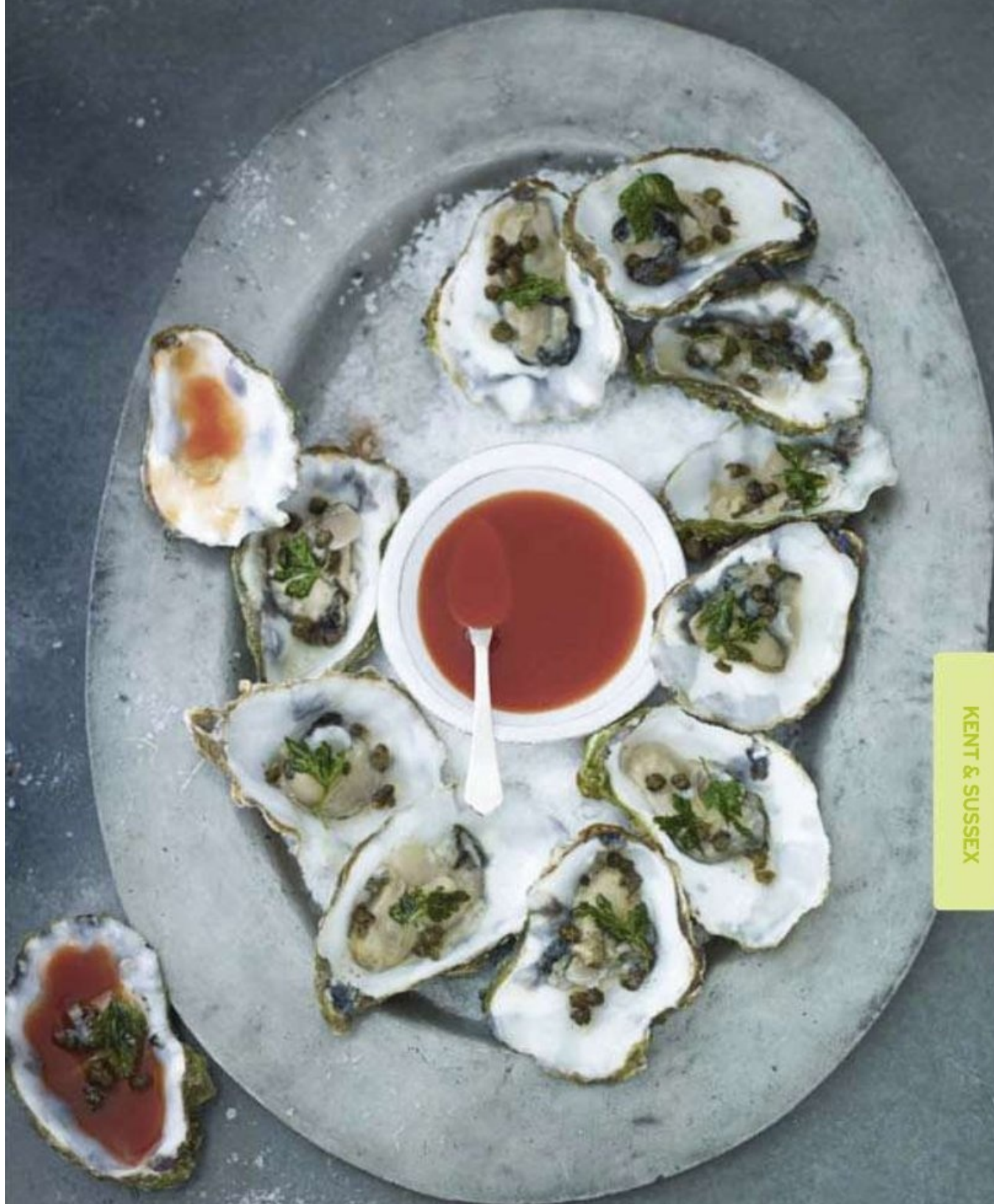
oysters 12

parsley leaves and **deep-fried baby capers** to serve

■ Make the Bloody Mary by mixing the tomato juice with the vodka and celery salt, add the Tabasco and Worcestershire sauce to your liking (the spicier the better!). Finish with a splash of fino sherry.

■ Shuck the oysters, remove from the shells and then clean the shells. To serve, put an oyster into each shell and spoon over a generous amount of the Bloody Mary mix. Garnish with a crisp parsley leaf, and a few deep-fried capers.

■ **PER SERVING** 74 kJals, protein 3.8g, carbs 3.5g, fat 0.4g, sat fat 0.1g, fibre 0.4g, salt 1.25g



neon orange or pink – there’s nothing square about this place, daddio. You can even hook up your iPod and play music through speakers in the ceiling. There’s a cocoon-like cocktail bar downstairs and, if you’ve money to burn, a suite with a steam room and vintage carousel horse.

Motel Schmotel B&B **££**

(☎ 01273 326129; www.motelschmotel.co.uk; 37 Russell Sq; singles/doubles from £50/60; Wi-Fi)

If you can overlook the petite rooms and bathrooms, this 11-room B&B in a Regency townhouse – a short stroll from virtually anywhere – is a sound place to hit the sack. Rooms are accented with colourful oversize prints and uncluttered design, and guests heap praise on the breakfast cooked by the helpful owners.

EATING

Terre à Terre Vegetarian **££**

(☎ 01273 729051; www.terreaterre.co.uk; 71 East St; mains £10-15; noon-10.30pm Tue-Fri, to 11pm Sat, to 10pm Sun)

Even staunch meat eaters will rave about this legendary vegetarian restaurant. It’s a sublime experience: from the vibrant, modern space, through the entertaining menus, to the delicious, inventive dishes full of rich, robust flavours.

Infinity Foods Vegetarian Café **£**

(☎ 01273 670743; www.infinityfoodscafe.co.uk; 50 Gardner St; mains £3-7; 10.30am-5pm Mon-Sat, noon-4pm Sun)

The sister establishment of Infinity Foods wholefoods shop – a health-food cooperative and Brighton institution – serves a wide variety of vegetarian and

organic food. There are many vegan and wheat- or gluten-free options, including tofu burgers, mezze plates and falafel.

JB’s American Diner Diner **£**

(☎ 01273 771776; www.jbsdiner.co.uk; 31 King’s Rd; burgers £7, other mains £6.50-12; lunch & dinner)

The waft of hotdog as you push open the door, the shiny red-leather booths, the Stars and Stripes draped across the wall, the 50s soundtrack twanging in the background and the colossal portions of burgers, fries and milkshakes – in short, a hefty slab of authentic Americana teleported to Brighton seafront.

Food for Friends Restaurant **££**

(☎ 01273 202310; www.foodforfriends.com; 17-18 Prince Albert St; mains £9-13; lunch & dinner)

This airy, glass-sided restaurant attracts passers-by as much as it does the loyalty of its customers with an ever-inventive choice of vegetarian and vegan food. Children are also catered for.

Alfresco Italian **££**

(☎ 01273 206523; www.alfresco-brighton.co.uk; Milkmaid Pavilion, Kings Rd Arches; mains £10-25; noon-midnight)

Housed in a curved-glass structure with a huge, staggered outdoor terrace, the show-stopping feature is the widescreen vistas out across the Channel and along the seafront. The pizzas, pastas and Italian meat dishes make a tasty accompaniment to the views.

English’s Oyster Bar Seafood **££**

(☎ 01273 327980; www.englishs.co.uk; 29-31 East St; mains £11-25; lunch & dinner) A 60-year institution, this Brightonian

seafood paradise dishes up everything from oysters to lobster to Dover sole. It's converted from fishermen's cottages, with echoes of the elegant Edwardian era inside and buzzing alfresco dining.

Due South Local Cuisine ££

(☎ 01273 821 218; www.duesouth.co.uk; 139 Kings Rd Arches; mains £12-18; lunch & dinner Mon-Sat, lunch Sun)

Under a Victorian arch on the seafront, with a curved window and bamboo-screened terrace on the promenade, this refined yet relaxed restaurant specialises in dishes cooked with environmentally sustainable and seasonal produce.

Pompoko Japanese £

(www.pompoko.co.uk; 110 Church St; mains £4-5; lunch & dinner)

Simple Japanese food in a small but perfectly formed little café. Quick, cheap and delicious, with a focus on noodle dishes, soups and home-style curries.

Pomegranate Kurdish ££

(☎ 01273 628 386; www.eatpomegranates.com; 10 Manchester St; mains £11-15; lunch & dinner)

Take your taste buds to the Middle East at this fascinating Kemptown nosh spot, where mains such as Kurdish-style roast lamb, stuffed aubergine and baked swordfish are dished up in a cosy setting. There are plenty of veggie choices as well as such lip-smacking desserts as revani (semolina cake) and stuffed figs with pomegranate paste.

Bombay Aloo Indian Buffet £

(☎ 01273 776038; www.bombay-aloo.co.uk; 39 Ship St; buffet £4.95; noon-midnight)

Cheap and cheerful all-you-can-eatery with big pots of vegetarian curry, acres of salad and mountains of rice.

Scoop & Crumb Ice Cream Parlour £

(5-6 East St; snacks £3-5, sundaes £2.50-6; 10am-6pm Sun-Fri, to 7pm Sat)

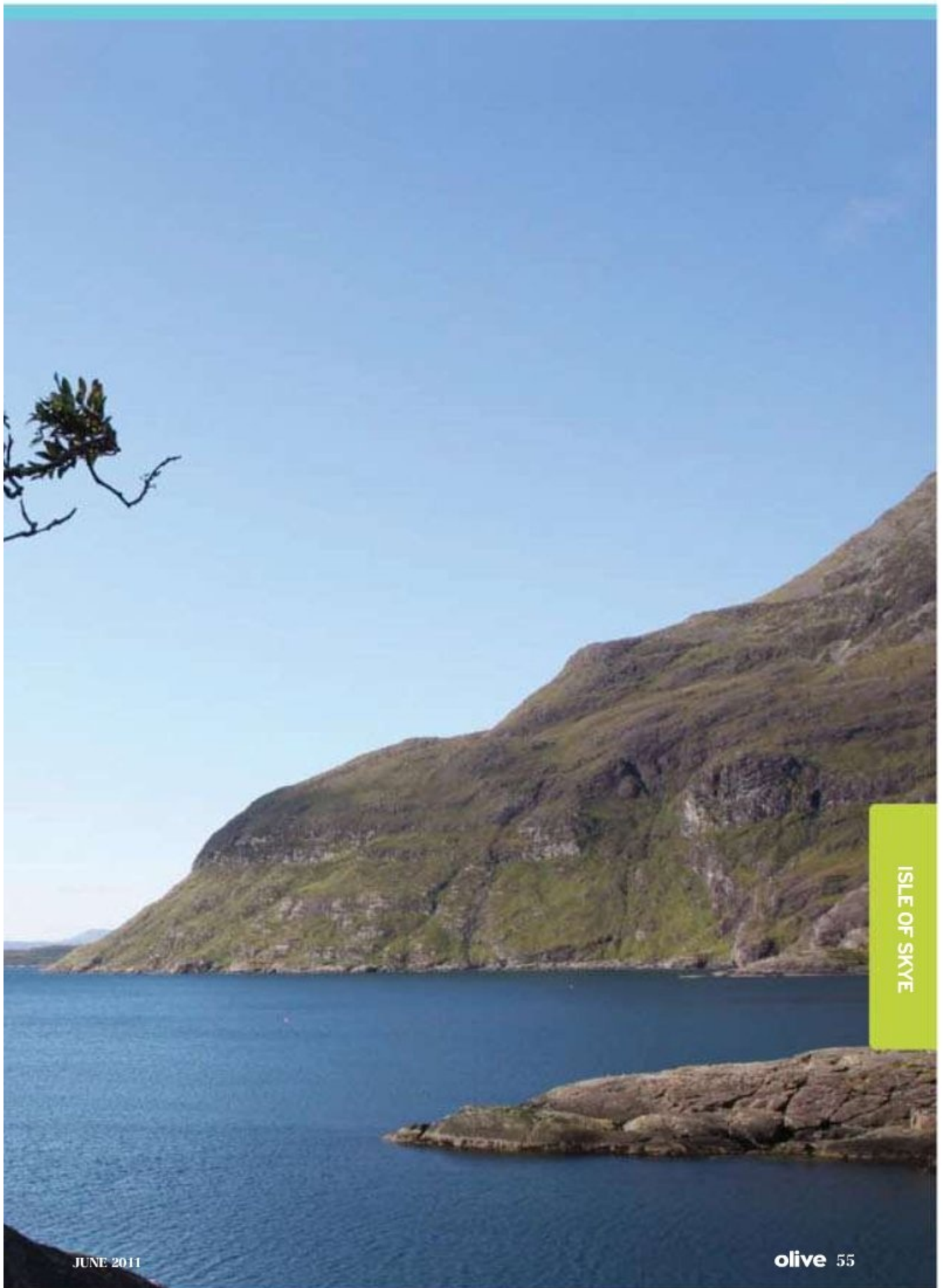
The sundaes (over 50 types), from the city's artisan ice cream producer, are second to none. Freshly cut sandwiches and monster toasties are also available.



Isle of Skye

The Isle of Skye (an t-Eilean Sgiathanach in Gaelic) takes its name from the Norse sky-a, meaning 'cloud island' – a Viking reference to the often mist-shrouded Cuillin Hills. It's the biggest of Scotland's islands; a 50-mile smorgasbord of velvet moors, jagged mountains, sparkling lochs and towering sea cliffs. The stunning scenery is the main attraction but, when the mist closes in, there are plenty of castles, crofting museums and cosy pubs and restaurants to retire to.

ISLE OF SKYE



ISLE OF SKYE

Sleat

■ SLEEPING & EATING

Toravaig House Hotel £££

(☎ 01471 820200; www.skyehotel.co.uk;

Sleat; rooms from £169; parking; Wi-Fi)

This hotel, five miles north of Armadale, is one of those places where the owners know a thing or two about hospitality.

As soon as you arrive, you'll feel right at home, whether relaxing on plump sofas by the log fire in the lounge or admiring the view across the Sound of Sleat from lawn chairs in the garden. The spacious rooms – ask for No 1 (Eriskay), with its enormous sleigh bed – are luxuriously equipped, from the rich and heavy bed linen to the huge, high-pressure shower heads. The elegant Iona restaurant (four-course dinner £43) serves the best of local fish, game and lamb.

Cuillin Hills

■ SLEEPING & EATING

Sligachan Hotel Hotel ££

(☎ 01478 650204; www.sligachan.co.uk;

Sligachan; per person from £59; parking; internet; Wi-Fi)

The Slig – as climbers call it – includes a hotel, a micro-brewery, self-catering cottages, a bunkhouse, a campsite, a bar (see below) and things to keep kids busy.

Seamus's Bar Pub £

(Sligachan Hotel, Sligachan; mains £8-10; food served 11am-11pm; internet; Wi-Fi)

Decent bar meals include haggis, neeps and tatties, steak and ale pie, and fish pie. Try real ales from their own brewery and a range of 200 malt whiskies.

olive

Grilled shellfish with roasted chilli dressing

45 minutes ■ Serves 6 ■ EASY

This dressing goes well with hot or cold seafood – so, if you prefer, buy your shellfish cooked. If the fishmonger has samphire (a pleasantly salty seaside plant), serve it, steamed and buttered, with the shellfish.

prawns, langoustines and lobster

a selection, enough for 6 people

lemons 3, halved

ROASTED CHILLI DRESSING

red chillies 3

garlic 1 head, cloves separated

olive oil

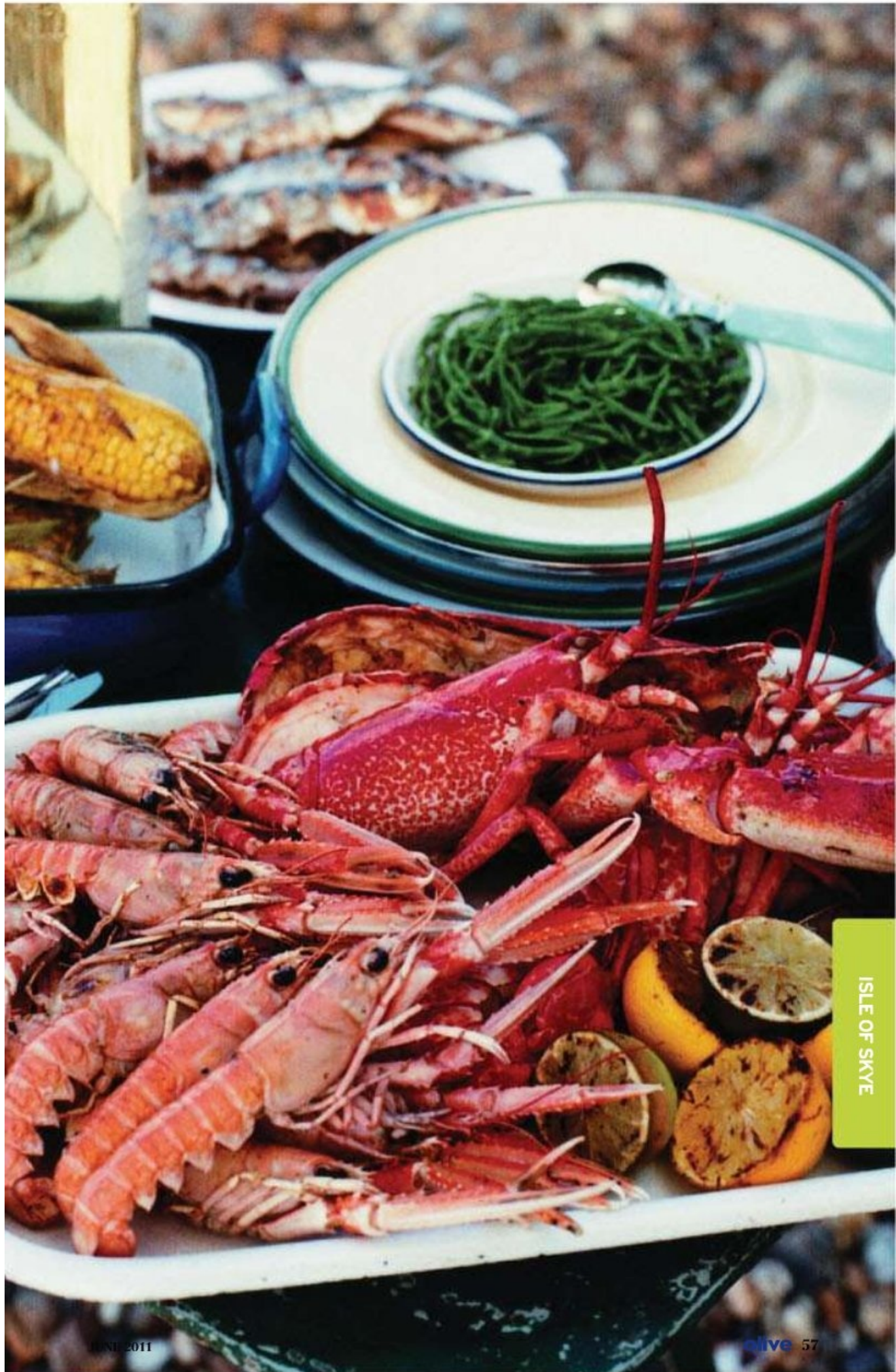
parsley a handful, chopped

■ For the sauce, put the chillies and garlic cloves in a doubled square of foil. Drizzle 5 tbs of olive oil over. Season and wrap tightly into a parcel. Put over the coolest part of the barbecue and cook, turning for 15-20 minutes. Tip into a bowl and mash with the back of a spoon. Remove garlic skins and chilli tops and skins. Add the chopped parsley and mix in more olive oil until the dressing is pouring consistency.

■ If you are cooking lobster, halve using a sharp knife – ask your fishmonger if you prefer. Put the lobster on the grill, cut-side down, turning it once – about 6 minutes in all. Prawns and langoustines will take half the time. Baste with chilli sauce if you like.

■ Grill the lemon halves, cut-side down and serve with the shellfish and chilli dressing.

■ PER SERVING 171 kJ, protein 18.4g, carbs 2.2g, fat 9.9g, sat fat 1.3g, fibre 0.3g, salt 0.49g



ISLE OF SKYE

Broadford (An T-Ath Leathann)

■ SLEEPING & EATING

Broadford Hotel Hotel ££

(☎ 01471 822204; www.broadfordhotel.co.uk; Torrinn Rd; singles/doubles from £115/128; parking; Wi-Fi)

The folks who own the Bosville in Portree (see right) have converted the old Broadford Hotel into a stylish retreat with luxury fabrics and designer colour schemes. There's a formal restaurant and the more democratic Gabbro Bar where you can enjoy a bar meal (mains £7 to £9, served noon to 9pm) of smoked haddock chowder or steak pie washed down with Isle of Skye Brewery ale.

LimeStone Cottage B&B £

(☎ 01471 822142; *Lime Park*; doubles £65; parking; Wi-Fi)

A delightful, ivy-covered, traditional stone cottage, offering friendly service and beautiful rooms – especially the cosy top-floor ones with sloping ceilings – with views across the water.

Creelers Seafood ££

(☎ 01471 822281; www.skye-seafood-restaurant.co.uk; Lower Harrapool; mains £12-18; noon-9.30pm Mon-Sat)

Broadford has several places to eat but one really stands out. Creelers is a small, bustling, no-frills restaurant that serves some of the best seafood on Skye; the house speciality is a rich, spicy seafood gumbo. Book ahead, but if you can't get a table then nip around to the back door, where you'll find Ma Doyle's Takeaway, for fish and chips (£5) to go.

Portree (Port Rìgh)

■ SLEEPING

Ben Tianavaig B&B ££

(☎ 01478 612152; www.ben-tianavaig.co.uk; 5 Bosville Tce; rooms £65-75; parking; Wi-Fi)

A warm welcome awaits from the Aussie/Brit couple who run this appealing B&B, bang in the centre of town. All four bedrooms have a view across the harbour to the hill that gives the house its name, and breakfasts include free range eggs and vegetables grown in the garden.

Bosville Hotel Hotel ££

(☎ 01478 612846; www.bosvillehotel.co.uk; 9-11 Bosville Tce; singles/doubles from £120/128; Wi-Fi)

The Bosville brings a little bit of metropolitan style to Portree with its designer fabrics and furniture, flatscreen televisions, fluffy bathrobes and bright, spacious bathrooms. It's worth splashing out a bit for the 'premier' rooms, with leather recliner chairs from which you can lap up the view over the town and harbour.

(See also Bistro at the Bosville, right.)

Peinmore House B&B ££

(☎ 01478 612574; www.peinmorehouse.co.uk; rooms per person £55; parking)

Located around two miles south of Portree, this former minister's house has been cleverly converted into a stylish and comfortable guest house with a spectacular, oak-floored lounge, enormous bedrooms, excellent breakfasts and panoramic views.

■ EATING & DRINKING

Café Arriba Café £

(☎ 01478 611830; www.cafearriba.co.uk;
Quay Brae; light meals £5-8, dinner mains
£10-13; 7am-10pm May-Sep, 8am-5.30pm
Oct-Apr)

Arriba is a funky little café, decked out in primary colours and offering the best choice of vegetarian grub on the island, ranging from a breakfast fry-up to Indian-spiced bean cakes with mint yoghurt. There are also carnivorous treats such as slow-cooked haunch of venison with red wine and beetroot gravy. And it serves excellent coffee.

Bistro at the Bosville Bistro ££

(☎ 01478 612846; www.bosvillehotel.co.uk;
7 Bosville Tce; mains £9-20; noon-2.30pm
& 5.30-10pm)

This hotel bistro sports a relaxed atmosphere, an award-winning chef and a menu that makes the most of Skye-sourced produce including lamb, game, seafood, cheese, organic vegetables and berries, and adds an original twist to traditional dishes.

Sea Breezes Seafood ££

(☎ 01478 612016; www.seabreezes-skye.co.uk;
2 Marine Buildings, Quay St; mains
£10-20; noon-2.30pm & 5.30-10pm
Tue-Sun, closed Nov, Jan & Feb)

This is an informal, no-frills restaurant specialising in local fish and shellfish fresh from the boat. Try the impressive seafood platter: a small mountain of langoustines, crab, oysters and lobster. Book early: it's often hard to get a table.

Dunvegan (Dun Bheagain)

■ SLEEPING & EATING

Three Chimneys

Restaurant with Rooms £££

(☎ 01470 511258; www.threechimneys.co.uk;
Colbost; three-course lunch/dinner
£35/55; 12.30-2pm Mon-Sat Mar-Oct,
6.30-9pm daily year-round; parking)

In Colbost, halfway between Dunvegan and Waterstein, Three Chimneys is a superb romantic retreat combining a gourmet restaurant in a candle-lit crofter's cottage with sumptuous five-star rooms (double £285, dinner B&B per couple £405) in the modern house next door. Book well in advance, and note that children are not welcome in the restaurant in the evenings.

Trotternish

■ SLEEPING & EATING

Flodigarry Country House Hotel

Hotel ££

(☎ 01470 552203; www.flodigarry.co.uk;
Flodigarry; singles/doubles from
£90/120; parking)

Jacobite heroine Flora MacDonald lived in a farmhouse cottage at Flodigarry in northeast Trotternish, 1751 to 1759. The cottage and its pretty garden are now part of this delightful hotel – you can stay in the cottage itself (there are seven rooms) or in the more spacious hotel. The bright, modern bistro (mains £10 to £25) has great views over the Inner Sound, and serves lunch and dinner featuring local produce such as langoustines, lobster, lamb and venison.

Pembrokeshire & South Wales



Mumbles (Y Mwmbwls)

Strung out along the shoreline at the southern end of Swansea Bay, Mumbles has been Swansea's seaside retreat since 1807, when the Oystermouth Railway was opened. Built for transporting coal, the horse-drawn carriages were soon converted for paying customers, and the now defunct Mumbles train became the world's first passenger railway service.

Once again fashionable, with restaurants vying for trade along the promenade, Mumbles' reputation received a boost when its most famous daughter – Hollywood actress Catherine Zeta-Jones – built a £2 million luxury mansion at

Limeslade, on the south side of the peninsula. (Singer Bonnie Tyler also has a home here.) The origin of Mumbles' unusual name is uncertain, although one theory is that it is a legacy of French seamen who nicknamed the twin rounded rocks at the tip of the headland Les Mamelles ('the breasts').

■ SLEEPING

Tides Reach Guest House B&B ££

(☎ 01792 404877; www.tidesreachguesthouse.com; 388 Mumbles Rd; singles/doubles from £50/75; internet; Wi-Fi)

Delicious eco-conscious breakfasts and stacks of local information are served



with a smile at this smart waterfront guest house. Some rooms have sea views; our favourite is the suitelike room nine, in which the dormer windows open out to create a virtual deck from within the sloping roof.

Patricks with Rooms

Boutique Hotel **££**

(☎ 01792 360199; www.patrickswithrooms.com; 638 Mumbles Rd; doubles £115-170; parking)

Patricks has 16 individually styled designer bedrooms in bold contemporary colours, with art on the walls, fluffy robes and, in some of the rooms, roll-top baths and sea views.

■ EATING

Mermaid Restaurant Bar **££**

(☎ 01792 367744; 686 Mumbles Rd; two-course lunch £13, three-course dinner £25; Tue-Sun)

Fresh-from-the-bay mains and local organic produce are the cornerstones of this sleek, sea-facing eatery, divided between a tapas lounge and the main restaurant. In a former incarnation, it was a favourite of Dylan Thomas – one of his quotes is painted on a wall.

Gower Peninsula (Y Gŵyr)

With its broad butterscotch beaches, pounding surf, precipitous clifftop walks and rugged, untamed uplands, the Gower Peninsula feels a million miles away from Swansea's urban bustle – yet it's just on the doorstep. This 15-mile thumb of land stretching west from Mumbles was designated the UK's first official Area of Outstanding Natural Beauty in 1956. The National Trust owns about three-quarters of the coast and, although there is no continuously waymarked path, you can hike almost the entire length of the coastline. The peninsula also has some of the best surfing in Wales.

■ SLEEPING & EATING

King's Head B&B ££

(☎ 01792 386212; www.kingsheadgower.co.uk; Llangennith; rooms from £85; parking; Wi-Fi)

The centre of Llangennith's social life is the King's Head, which serves real ales and home-cooked bar meals (mains £6 to £12). Behind it are two stone blocks, stylishly fitted out with modern bathrooms and pale tiles.

Culver House Apartments ££

(☎ 01792 390755; www.culverhousehotel.co.uk; Port Eynon; apartments from £90; internet; Wi-Fi)

This 19th-century house offers eight, modern, self-contained apartments with dishwashers, TV/computers, laundry facilities and continental breakfasts delivered daily to your fridge.

olive

Plaice with brown shrimp butter

45 minutes ■ Serves 4 ■ EASY

Brown shrimp have two seasons, from April to late June then late August to November. They are a bit fiddly to peel, but well worth the effort for their distinctive sweet flavour.

skinless plaice fillets 4, about 175g each

spinach 200g

unsalted butter 75g

shallots 2 small, peeled and finely chopped

brown shrimps 250g, peeled

flat-leaf parsley a small bunch, chopped

lemon 1/2

■ Put the plaice fillets on a plate inside a steamer and steam for 3-4 minutes until cooked. Meanwhile, wilt the spinach in a little butter and keep warm. Heat the rest of the butter in a pan, cook the shallots until softened, then turn up the heat until the butter turns a golden brown colour. Take off the heat, then add the shrimp, parsley and a squeeze of lemon. Season. Sit each plaice fillet on a mound of spinach and spoon the butter over.

■ PER SERVING 365 kcals, protein 45.7g, carbs 11g, fat 19.8g, sat fat 10.4g, fibre 1.2g, salt 6.81g



Maes-Yr-Haf**Restaurant-with-Rooms ££**

(☎ 01792 371000; www.maes-yr-haf.com; Parkmill; singles/doubles £95/125, mains £12-18; lunch Tue-Sun, dinner Tue-Sat; parking; Wi-Fi)

The restaurant part of this restaurant-with-rooms has a focus on game, seafood and locally farmed meat, with just a hint of a Greek influence, courtesy of head chef Christos Georgakis. The small but stylish rooms are a treat for gadget fans, with iPod docking stations and PlayStations that double as DVD players.

Fairyhill Restaurant-with-Rooms £££

(☎ 01792 390139; www.fairyhill.net; Reynoldston; singles/doubles from £155/175; two/three-course lunch £16/20, two/three-course dinner £35/45; parking; Wi-Fi)

Hidden (as any proper fairy place should be) down a narrow lane north of Reynoldston, Fairyhill's restaurant draws on local produce, including organic homegrown goodies from their kitchen garden. The Georgian country house setting is suitably magical, and the menu is pleasantly Welsh.

King Arthur Hotel Pub, B&B ££

(☎ 01792 390775; www.kingarthurhotel.co.uk; Higher Green, Reynoldston; singles/doubles from £55/65; parking)

As traditional as swords in stone and ladies of the lake, this King Arthur serves real ales in a cosy, wood-panelled bar and a lengthy menu in the neighbouring dining room (mains £6 to £17). The bedrooms above are less

atmospheric but clean and comfortable. For true romance, enquire about the stone-walled, 18th-century Guinevere's Cottage: a separate, one-bedroom cottage that can accommodate a family of up to four or five.

Parc-le-Breos House B&B ££

(☎ 01792 371636; www.parc-le-breos.co.uk; Parkmill; singles/doubles £45/70; parking; Wi-Fi)

Set in its own private estate, north of the main road, Parc-le-Breos offers en suite accommodation in a Victorian hunting lodge. The majestic lounge and dining room downstairs have log fires in winter.

Port Eynon YHA Hostel £

(☎ 0845 371 9135; www.yha.org.uk; Old Lifeboat House, Port Eynon; dormitories from £18)

Worth special mention for its spectacular location, this former lifeboat station is as close as you can come to the sea without sleeping on the beach itself. It's cosier than your average youth hostel, with an attractive lounge that boasts sea views and is well stocked with board games.

Laugharne (Talacharn)

Sleepy little Laugharne (pronounced 'larn') sits above the tide-washed shores of the Taf Estuary, overlooked by a Norman castle. Dylan Thomas, one of Wales' greatest writers, spent the last four years of his life here, during which he produced some of his most inspired work, including *Under Milk Wood*; the town is one of the inspirations for the play's fictional village of Llareggub (read it backwards and you'll get the gist). On Thomas' first visit he described it as the 'strangest town in Wales', but he returned repeatedly throughout his restless life. Many Dylan fans make a pilgrimage here to see the Boat House where he lived, the shed where he wrote, Brown's Hotel where he drank (he used to give the pub telephone number as his contact number; sadly it's now closed) and the churchyard where he's buried.

■ SLEEPING & EATING

The Boat House B&B ££

(☎ 01994 427263; www.theboathousebnb.co.uk; 1 Gosport St; singles/doubles from £40/70; internet; Wi-Fi)

Friendly, homely and tastefully decorated, this is the smartest B&B in town. The building was the Corporation Arms pub, where Dylan Thomas told stories in exchange for free drinks. The home-cooked breakfasts would assuage even Thomas' legendary hangovers.

Hurst House Hotel £££

(☎ 01994 427417; www.hurst-house.co.uk; East Marsh; rooms from £175; parking;

Wi-Fi; swimming pool)

Given its £5 million makeover, you would expect this converted Georgian farm on the salt-marsh flats south of Laugharne to be luxurious. And it is. Rooms have big beds, bold colours and roll-top baths, there's massage therapy on tap, and a convivial, clubbish lounge bar and restaurant.

Keepers Cottage B&B ££

(☎ 01994 427404; www.keepers-cottage.com; singles/doubles £50/70; parking; Wi-Fi)

Sitting on the top of the hill by the main approach to town, this pretty cottage has simply decorated but very comfortable rooms. Complimentary bottled water and glasses of wine are a nice touch.

Green Room Café, Bistro ££

(☎ 01994 427870; www.thegreenroomcafe.co.uk; 6 The Grist; lunch £7-10, dinner £13-17; Thu-Mon)

Laugharne doesn't exactly abound with gastronomic options, making this café a welcome find. It serves lighter dishes by day (salads, quiches, pasta) and hearty home-cooked bistro meals after dark. Delicious desserts, views of the castle and comfy sofas add to a cosy, welcoming ambience.

Porthgain

For centuries, the tiny harbour of Porthgain consisted of little more than a few sturdy cottages wedged into a rocky cove. In the mid-19th century, it began to prosper as a port for shipping out slate quarried down the coast at Abereddy. By the 1870s, Porthgain's own deposits of granite and fine clay had put it on the map as a source of building stone. But the post-WWI slump burst the bubble, and sturdy stone quays and overgrown brick storage 'bins' are all that remain. Today, despite its industrial past, Porthgain is picturesque and home to a couple of art galleries and restaurants.

EATING

Shed Seafood £££

(☎ 01348 831518; www.theshedporthgain.co.uk; lunch £9-17, dinner £19-26; lunch Fri-Sun, dinner Mon, Fri & Sat low season, daily high season)

In a beautifully converted machine shop by the little harbour, the Shed has grown into one of the area's finest seafood restaurants. The menu lists Porthgain crab and lobster, and locally caught sea bass, gurnard, mullet and squid.

Sloop Inn Pub ££

(☎ 01348 831449; www.sloop.co.uk; mains £10-17; daily 10am-11pm)

With wooden tables worn smooth by many an elbow, old photos of the village in its industrial heyday and interesting nautical clutter, the Sloop is cosy and justly popular. It dishes up breakfast (to 11am) and hearty, home-cooked meals.

olive

Mussels with cream and white wine

20 minutes ■ Serves 4 ■ EASY

mussels 2kg, scrubbed and beards removed (throw away any open ones that don't close after a sharp tap)

shallots 4 small, finely chopped

garlic 2 cloves, crushed

dry white wine 300ml

double cream 150ml

curly parsley a large handful, chopped

■ Put a large pan over a high heat. Leave for a few minutes to heat up then add the mussels, shallot, garlic, wine and some ground black pepper. Cover with a well-fitting lid. Give the pan a good shake, leave for a minute or two then shake again.

■ Once the liquid starts to boil, the mussels should take about 4 minutes to cook.

Take off the lid and, if most of the mussels are open, add the cream. Bring to the boil, then give everything a good stir. Using a slotted spoon, scoop out the mussels and put in a large serving bowl (throw away any closed ones). Reduce the sauce for a few minutes then add the parsley. Pour the sauce over the mussels.

■ PER SERVING 343 kcals, protein 19.3g, carbs 5.6g, fat 21.8g, sat fat 11.1g, fibre 0.4g, salt 1.14g



PEMBROKE
& SOUTH WALES

Tenby (Dinbych Y Pysgod)

Perched on a headland with sandy beaches either side, Tenby is a postcard-maker's dream. It flourished in the 15th century as a centre for the textile trade, exporting cloth in exchange for salt and wine. Clothmaking declined in the 18th century, but the town soon reinvented itself as a fashionable watering place, assisted by the coming of the railway in the 19th century. Its houses are painted from the pastel palette of a classic fishing village, interspersed with the white elegance of Georgian mansions. The main part of town is characterised by its Norman-built walls, funnelling holidaymakers through medieval streets lined with pubs, ice-creameries and gift shops. Without the tackiness of the promenade-and-pier beach towns, in the off season it tastefully returns to being a sleepy little place. In the summer months, it has a boisterous, boozy, holiday-resort feel.

■ SLEEPING

St Brides Spa Hotel Hotel £££

(☎ 01834 812304; www.stbridesspahotel.com; St Brides Hill, Saundersfoot; singles/doubles from £135/150; parking; swimming pool)

Pembrokeshire's premier spa hotel offers the chance to relax after a massage in an infinity pool overlooking the beach, before dining in the candle-lit Cliff restaurant (mains £17-22). The bedrooms are stylish and modern, in colours that evoke the seaside. The

hotel itself is in Saundersfoot, three miles north of Tenby.

Bay House B&B ££

(☎ 01834 849015; www.bayhousetenby.co.uk; 5 Picton Rd; rooms from £70)

A stylish, modern take on the seaside B&B, Bay House offers a relaxed, friendly atmosphere, airy rooms with flatscreen TVs and DVDs, and an emphasis on local, organic produce.

Myrtle House B&B ££

(☎ 01834 842508; St Mary's St; singles/doubles £40/64)

A handy location (a few metres from the steps down to Castle Beach), tastefully decorated spacious rooms, great breakfasts and a friendly, helpful owner make this late-Georgian house an attractive place to stay.

■ EATING

Blue Ball Restaurant Restaurant ££

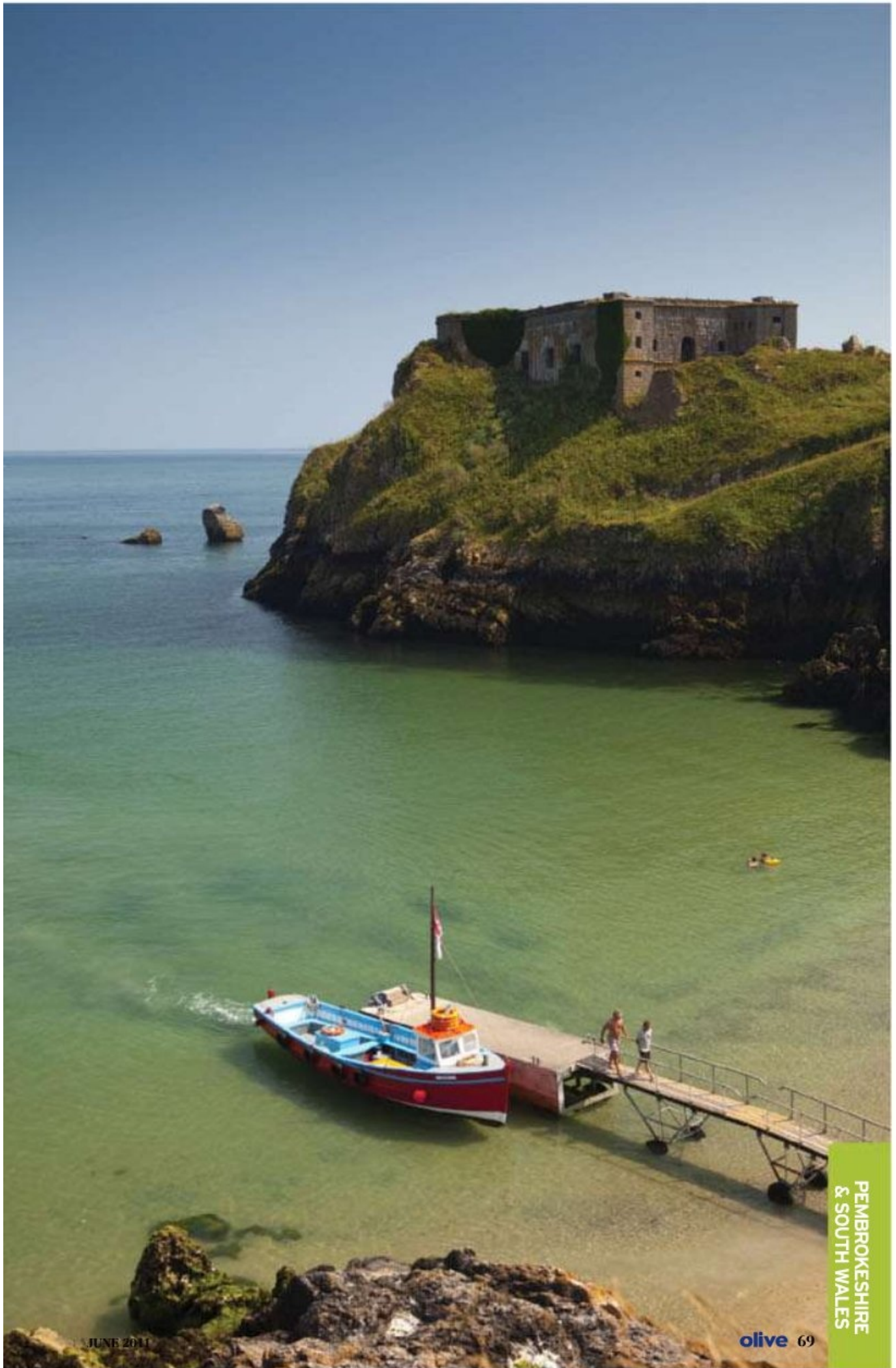
(☎ 01834 843038; www.theblueballrestaurant.co.uk; Upper Frog St; mains £9-22; dinner Thu-Sun low season, daily summer)

Polished wood, old timber beams and exposed brickwork create a cosy, rustic atmosphere in what is probably Tenby's best restaurant. The menu makes good use of local produce, notably seafood. Pork Wellington is their signature dish.

D Fecci & Sons Takeaways £

(☎ 01834 842484; Lower Frog St; mains £2-4)

Eating fish and chips on the beach is a British tradition, and Fecci & Sons is a Tenby institution, having been in



business since 1935. Not only is the fish locally sourced, but so are the potatoes. The same family runs the traditional Fecci's Ice Cream Parlour on St George's St.

Plantagenet House Restaurant ££

(☎ 01834 842350; Quay Hill; mains £14-22; lunch Sat & Sun, dinner Fri & Sat low season, daily summer)

Atmosphere-wise, this place instantly impresses; it's perfect for a romantic, candle-lit dinner. Tucked down an alley in Tenby's oldest house, it's dominated by an immense 12th-century Flemish hearth. The menu ranges from acclaimed seafood to organic beef.



St Davids (Tyddewi)

The characterful St Davids (yes, it has dropped the apostrophe) is Britain's smallest city, its status ensured by the magnificent 12th-century cathedral that marks Wales' holiest site. The birth and burial site of the nation's patron saint, St Davids has been a place of pilgrimage for over 1500 years. The setting itself has an almost divine presence. With the sea just beyond the horizon on three sides, you're constantly surprised by glimpses of it at the ends of streets. Then there are strangely shaped hills in the distance, sprouting from a seemingly ancient landscape. Dewi Sant (St David) founded a monastic community here in the 6th century, only a short walk from where he was born at St Non's Bay. In 1124, Pope Calixtus II declared that two pilgrimages to St Davids were the equivalent of one to Rome, and three were equal to one to Jerusalem. The cathedral has seen a constant stream of visitors ever since. Today, St Davids attracts hordes of nonreligious pilgrims too, drawn by the town's laid-back vibe and the excellent hiking, surfing and wildlife-watching in the surrounding area.

SLEEPING

Ramsey House B&B ££

(☎ 01437 720321; www.ramseyhouse.co.uk; Lower Moor; rooms £100; parking; Wi-Fi)

The young owners have fashioned a fresh-looking B&B from their new house on the outskirts of town, which is still only a short stroll west from the

olive

Grilled sardines with avocado and chilli

20 minutes ■ Serves 2 ■ **EASY**

avocado 1, stoned and flesh scooped out

red chilli 1, finely chopped

lime 1, juiced

sardine fillets 6

toast 4 slices

rocket a handful

olive oil

■ Mash the avocado with the chilli and lime juice and season well. Grill the sardine fillets, skin side up, for 4-5 minutes until cooked through.

■ Spoon the avocado mix on top of the toast then top with sardine fillets. Add rocket and finish with a drizzle of olive oil.

■ *PER SERVING* 454 kcal, protein 45.1g, carbs 27g, fat 19.1g, sat fat 3.6g, fibre 1.4g, salt 1.7g



centre. The six rooms are all different, but it's the kind of place where the chandeliers match the wallpaper.

Alandale B&B ££

(☎ 01437 720404; www.stdavids.co.uk/guesthouse/alandale.htm; 43 Nun St; singles/doubles £36/80; internet; Wi-Fi)

A neat terraced house built in the 1880s for coastguard officers, Alandale has a bright, cheerful atmosphere – ask for a room at the back, which is quieter and has sweeping countryside views.

Y Glennydd B&B ££

(☎ 01437 720576; www.yglennydd.co.uk; 51 Nun St; singles/doubles £40/65; Wi-Fi)

Mixing maritime memorabilia and antique oak furniture, this 10-room guesthouse has a traditional bordering on old-fashioned feel, with unfussy bedrooms and a cosy lounge bar.

■ EATING & DRINKING

Cwtch Modern Welsh £££

(☎ 01437 720491; www.cwtchrestaurant.co.uk; 22 High St; three-course dinner £29; dinner Wed-Sun, daily summer)

Stone walls and wooden beams mark this out as a sense-of-occasion place – as does the price – yet there's a snugness that lives up to its name (cwtch means a cosy place or a cuddle). There's an emphasis on local produce, so expect plenty of fresh seafood on the menu.

Sampler Tearoom £

(☎ 01437 720757; www.sampler-tearoom.co.uk; 17 Nun St; mains £5-6; 10am-5.30pm Mon-Thu, extended hours in summer)

Named after the embroidery samples blanketing the walls, this may be the

perfect exemplar of the traditional Welsh tearoom. Pembrokeshire clotted cream tea comes served with freshly baked scones and bara brith (a rich, fruit tea loaf), and there are Welsh cheese platters, jacket potatoes, soups and sandwiches.

Farmer's Arms Pub £

(☎ 01437 721666; www.farmersstdavids.co.uk; 14 Goat St)

Although St Davids is a bit of a tourist trap, you'd be hard-pressed to find a more authentic country pub. There's real ale and Guinness on tap and it's the place to be when the rugby's playing. The beer garden is a pleasant place to watch the sun go down on a summer's evening.

Bench Bar Bistro £

(☎ 01437 721778; www.bench-bar.co.uk; 11 High St; mains £5-17; 9am-late; internet; Wi-Fi)

A bustling rabbit warren of a bar-bistro with a strong Mediterranean motif, the Bench serves up all-day snacks and lip-smacking ice creams.

Chapel Chocolates Confectionery

(☎ 01437 720023; www.chapelchocolates.com; The Pebbles)

Dieters beware: the shelves in this shop are stacked, floor to ceiling, with over 100 varieties of handmade Welsh chocolates, truffles and other treats.

St Davids Food and Wine Delicatessen

(☎ 01437 721948; www.stdavidsfoodandwine.co.uk; High St; 8.30am-5pm Mon-Sat)

Stock up on picnic supplies at this two decades old delicatessen, which specialises in local organic produce.

Newport (Trefdraeth)

In stark contrast to the industrial city of Newport in Gwent, the Pembrokeshire Newport is a pretty cluster of flower-bedecked cottages huddled beneath a small, privately owned, Norman castle. It sits at the foot of Mynydd Carningli, a 347m bump on the seaward side of the Preseli Hills, and in recent years has gained a reputation for the quality of its restaurants and guest houses. Newport makes a pleasant base for walks along the coastal path or south into the Preseli Hills, but it does get crowded in summer. At the northwest corner of the town is little Parrog Beach, dwarfed by Newport Sands (Traeth Mawr) across the river.

■ SLEEPING & EATING

Llys Meddyg Restaurant-with-Rooms **££**

(☎ 01239 820008; www.llysmeddyg.com; East St; rooms £100-150; internet; Wi-Fi)

This converted doctor's residence takes contemporary big-city cool and plonks it firmly by the seaside. The bedrooms are large and bright, the lounge boasts leather sofas and a period fireplace, and there's a secluded garden at the back. The restaurant (mains £17 to £34) is superb: the menu changes with the seasons and reflects the best of local produce, combined with an international palette of flavours.

Cnapan B&B, Restaurant **££**

(☎ 01239 820575; www.cnapan.co.uk; East St; singles/doubles £54/84; Wi-Fi) Light-filled rooms and a flower-filled

garden are offered at this listed Georgian townhouse adjoining a popular restaurant (two/three-course dinner £24/30, open Wednesday to Monday). If you can cope with the floral wallpaper, ask for room four: it's bigger. The somewhat formal dining rooms offer candlelight and crisp white linen tablecloths, but the service is friendly and relaxed. Local seafood (Penclawdd mussels and the fresh catch of the day) features on the set menu, alongside Welsh beef and a tempting array of desserts.

Golden Lion Hotel Pub **££**

(☎ 01239 820321; www.goldenlionpembrokeshire.co.uk;

East St; singles/doubles £60/85; parking; Wi-Fi)

Sunny decor, golden pine furniture and colourful flower arrangements make for a warm atmosphere in this appealing country inn. There's also a snug traditional bar with log fire, serving real ales, and a good restaurant (mains £10 to £20).

Canteen Café **££**

(☎ 01239-820131; www.thecanteen.org;

Market St; lunch £4-9, dinner £10-14; lunch Mon-Sat, dinner Fri & Sat)

The name, reasonable prices and stark decor suggest a no-nonsense approach, echoed by a menu focusing on crowd-pleasers like fish and chips, chicken Caesar salad and mushrooms on toast. Yet there's no skimping on quality. A good selection of wine is offered by the glass and meals are kicked off with complimentary bread and olive oil.



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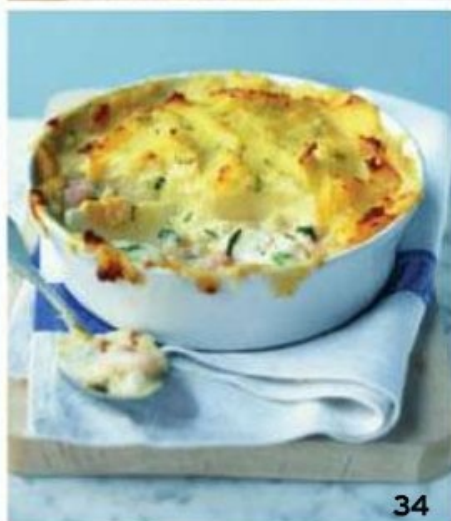
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